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B1 Dialog. How often do you regret something? | HOW OFTEN and HOW TO in English | Intermediate conversation

Do you know how to see in the dark? - Вы умеете видеть в темноте?

No, I don't. I think only animals can do it, but not people.

How often do you think about the world's future? Are they good thoughts? -

Как часто вы думаете о будущем мира? Это хорошие мысли?

Pretty often. Our future is not clear and it's quite scary. On the other hand I understand that it's important to live for the day and not to think too much about the future.

Do you know how to lose weight fast? - Вы знаете, как быстро похудеть?

Sometimes it's easier said than done. I think good nutrition and workout are the best helpers in losing weight.

How often do you wish you were somewhere else or someone else? Who and where? - Как часто вы хотите, чтобы вы были где-то или кем-то еще? Кем и где?

Not often. I like being myself.

Do you know how to get rich fast? - Вы знаете, как быстро разбогатеть?

You need to invent something useful and brand new. For example, an engine that works forever! So you can make a lot of money and get rich fast!

How often do you get angry with other people? - Как часто вы злитесь на других людей?



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I don't like getting angry. I try to stay calm in any situation, despite it's not so easy sometimes.

Do you know how to handle jealousy? - Вы знаете, как справиться с ревностью?

The most important thing is to trust your partner. I am not a jealous person. I think it's a stupid feeling.

How often do you study English? How often should you study? - Как часто вы учите английский? Как часто нужно заниматься?

When I started learning English, I had at least two or three lessons per week. Now I don't study with a teacher anymore, because my level of English is good already. In the beginning it's important to study with a teacher, but you should also do something on your own every day. So our brain is getting used to the English language and we become more and more fluent!

Do you know how to overcome fear? - Вы знаете, как побороть страх?

Fear is a normal feeling that protects our body from dangerous things. If I need to overcome this feeling I just try to relax and take a few deep breaths. It usually helps!

How often do you wish you had special powers? What are these powers? - Как часто вы хотите, чтобы у вас были особые способности? Что это за способности?

I don't like the winter. So I'd like to be able to just scroll through the winter or even miss it. I like when it's warm outside!



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Do you know how to look ten years younger? - А вы знаете, как выглядеть на десять лет моложе?

I am a man. I don't need it. I like looking my age. But if you want to stay young as long as possible, it's better to do some sports.

How often do you exercise? Do you like sports? - Как часто ты занимаешься? Ты любишь спорт?

I do like sports and try to go to the gym every week. I am lucky to have a gym right inside the building I work in. It's so convenient!

Do you know how to be a good listener? - Вы знаете, как быть хорошим слушателем?

Well, a good listener never interrupts you and listens to you carefully. Eye contact is important as well. I think I know how to be a good listener!

How often do you regret something? - Как часто вы о чем-то жалеете?

Not often. I think that it makes no sense to regret something. People always make mistakes. It's life.

Do you know how to use Windows and Apple computers? - Вы умеете пользоваться компьютерами Windows и Apple?

I know how to use only Windows computers. I use it every day at work. Apple computers are much more expensive. As far as I know Apple is a good choice for working with graphics. Designers love it!

How often are you in trouble with someone? Who and why? - Как часто у вас возникают проблемы с кем-либо? С кем и почему?

Not often. I'm a friendly person and I don't like to have troubles with anybody.



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Do you know how to take really good photos? - Вы умеете делать действительно хорошие фотографии?

I am not that good at taking photos. So I can't say I know how to take good ones. But my smartphone can take really good photos instead of me!

How often do you worry about your hair and the way you look? - Как часто вы беспокоитесь о своих волосах и о том, как вы выглядите?

Pretty often! I am a girl and I like looking good. It's important for me.