

I'm filled with remorse ...

1. Read the text and complete the tasks.

Soulmates?

Gema and Luis have been a couple for three months. They love being together and they get on really well. They have very similar tastes, so there are never any arguments when it comes to choosing a plan of what to do: they both like skating, going for walks, going to the cinema and playing long games of Trivial. The only thing they have left to do together is to go to an Indian restaurant. When Luis told Gema that it was his favourite food, Gema (who doesn't like hot and spicy food at all) said, 'I can't believe it! It's my favourite food too!' To which Luis replied, 'Now I really believe that you are my soulmate.' Gema regretted instantly what she had said, but she didn't dare tell the truth. Now, she feels like



she has betrayed Luis' trust and she's afraid that if he finds out the truth, he'll stop thinking that they are soulmates. Today she found a note from Luis in her desk: 'I've reserved a table for two at Annapurna. It's my treat. See you at 8!'

Annapurna is an Indian restaurant in the area where Gema lives. It's really cool and very expensive. As you can imagine, Gema feels awful.

- What feelings do you think Gema experiences from the moment she tells the lie? Tick.

<input type="checkbox"/> remorse	<input type="checkbox"/> sadness	<input type="checkbox"/> enthusiasm
<input type="checkbox"/> guilt	<input type="checkbox"/> regret	<input type="checkbox"/> euphoria
<input type="checkbox"/> compassion	<input type="checkbox"/> fear	

- Explain why you think she feels each of the feelings you have ticked.

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- Why do you think Gema feels remorse? Underline.
 - Because she has made Luis make a reservation in an expensive restaurant.
 - Because she has told a lie.
 - Because she has made Luis think that are soulmates by telling a lie.
- What do you think is the best thing Gema can do? Choose an option and then justify your choice.
 - Go to the Indian restaurant and eat the Indian food without saying anything.
 - Go to the Indian restaurant, tell Luis the truth there and pay for the meal.
 - Send Luis a note telling the truth.
 - Meet with Luis to clear everything up and ask him to cancel the reservation.

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- With a classmate, act out the situation which you ticked in the previous task.
For example:

Luis, now that we are here, in this Indian restaurant, I have to tell you something.

That's exactly what I wanted to talk to you about. You see, when I told you that I liked Indian food, I wasn't really telling the truth.

What is it? By the way, these samosas are delicious, aren't they?

But, why not? Did you lie to me?

- Do you think that Gema would feel good if she didn't tell Luis the truth? Why?

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Emotional competences:

Awareness of how emotions influence behaviour. Making decisions based on our own emotions.

2. Read the text and answer the questions.

The legend of Captain Zeti

The castle of Monteriggioni is a great fortress that was built by the Republic of Siena during the thirteenth century. Its fifteen towers and its two metres thick walls were designed as a defence against a possible attack from the province of Florence, Siena's great rival at that time.



Giovannino Zeti was the head of the military forces of Siena. In one of the battles against the Florentines, the fortress of Monteriggioni

was badly damaged: the water supply was in danger and death at the hands of the Florentines threatened the people from Siena. Captain Zeti thought that it was impossible to win the battle, and he didn't have the courage to keep fighting.

Instead, he disguised himself, escaped from the castle at night and went to negotiate with the enemy leader, who was camping outside the walls of Monteriggioni. He came to the following agreement: they would give him back his Florentine citizenship (that they had taken from him a long time before), as well as his properties that had been confiscated, if, in return, he helped infiltrate some men from the Florentine army into the castle. Zeti did this and the Sienese army had to give up.

All of Siena disowned him and he soon began to feel tormented by his betrayal. According to the legend, Captain Zeti's ghost still wanders around the castle and its grounds, begging for compassion and understanding for the decision that he made. It seems, his remorse won't let him rest.

- What did Captain Zeti do when the fortress of Monteriggioni was damaged?

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- What agreement did he reach with the Florentine leader?

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- Was he happy with his decision? Why?

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- Why does Captain Zeti's ghost ask for compassion?

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- When do you think Captain Zeti's ghost will be able to rest?

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3. Tick which of these characteristics you think defines remorse.

- It's an oppressive feeling.
- It hits us after having done something bad.
- It hits us after having done something that has unexpected consequences.
- Asking for forgiveness can make a person feel better.
- There's no solution.
- To experience it, it's necessary to be aware of what is good and what is bad.
- It can be experienced even if one isn't able to distinguish between good and bad.

4. Now, tick if you think the following people might feel remorse for the highlighted actions or not.

Luisa **left the keys of her motorbike** at a friend's house.

Maria José **copied** in the Language exam.

Fernando **pushed** Jaime and he broke his leg.

Fernando **bumped into** Jaime by accident and he broke his leg.

Eva's brother, who is six months old, **scratched** Eva on the face.

5. Is it possible to do something bad and not feel remorse? Discuss as a class. Keep in mind the following possibilities and give examples:

- People who don't have scruples.
- People who don't recognise that they have done something bad.
- People who do something bad driven by their faith or beliefs.

You can use the following case from the news in 2015 as a guide:

In June 2015 a child of six years old died after being infected with diphtheria. The child's parents had not had the child vaccinated, despite the fact that the vaccine against diphtheria is part of the voluntary infant vaccination programme. The child's parents declared they felt deceived by the anti-vaccine groups that advised them.

Emotional competences:

Awareness of how emotions influence behaviour. Understanding of the emotions of others. Ability to critically evaluate social and cultural messages as well as those from the media.