

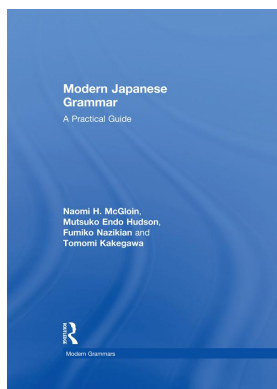
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Distress and regret

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Distress and regret

67.1 Spontaneous expressions of distress and regret

To express spontaneous feelings using a verb, the past tense form is used even though what is being expressed is a current state. Adjectives are used in the nonpast form when expressing spontaneous feelings.

困りました。(F)	Komarimashita.	I'm troubled.
閉口した。(I)	Heekoo shita.	I'm dumbfounded.
途方に暮れた。(I)	Tohoo ni kureta.	I'm at my wits' end.
がっかりした。(I)	Gakkari shita.	I'm disappointed.
苦しいです。(F)	Kurushii desu.	I'm suffering.
残念です。(F)	Zannen desu.	It's regrettable.
がっかりだ。(I)	Gakkari da.	It's disappointing.
うんざりだ。(I)	Unzari da.	I'm sick and tired.

Short sounds and phrases like the following are sometimes used in a distressing situation.

ああ!	Aa!	Ugh!
もう!	Moo!	Ugh!
やだ!	Yada!	No!
最悪!	Saiaku!	The worst!
最低!	Saitee!	The lowest!
困ったなあ。	Komatta naa.	That's too bad/upsetting.
どうしよう。	Doo shiyoo.	What should I do?
あ～あ。	Aaa. (high-low-high pitch)	Good grief!
いけない! / しまった!	Ikenai! / Shimatta!	Oops!

67.2 Describing one's own distress and regret

One's own distress and regret may be communicated by expressions including the following. The **V-te iru** form is used to describe one's internal state more objectively while the past tense form is used to express an immediate, spontaneous reaction of distress and regret.

困っています。	Komatte imasu.	I'm in trouble.
途方に暮れて(い)る。	Tohoo ni kurete (i)masu.	I'm at my wits' end.
落ち込んで(い)る。	Ochikonde (i)masu.	I'm feeling depressed.
がっかりして(い)る。	Gakkari shite (i)masu.	I'm disappointed.
後悔しています。	Kookai shite imasu.	I'm regretting it.
苦しいです。	Kurushii desu.	I'm suffering.
残念です。	Zannen desu.	It's regrettable.

To express the cause or reason of the distress or regret, **te**-form is used.

▶ 22.1; 48.3

Describing one's own distress and regret

一緒に行けなくて、残念だよ。(I)

Issho ni ikenakute, zannen da yo.

I'm sorry for not being able to go with (you).

彼女が来なくて、がっかりです。

Kanojo ga konakute, gakkari desu.

It's disappointing that she did not come.

試験に落ちて、落ち込んでるんだ。(I)

Shiken ni ochite, ochikonde ru n da.

I'm feeling depressed because I failed the exam.

両親に嘘をついて、後悔しています。

Ryooshin ni uso o tsuite, kookai shite imasu.

I regret that I lied to my parents.

Another way to express what one regrets is by using the formal nouns **no** or **koto**.

- Clause + **no/koto wa zannen/gakkari da.**

このチームが負けたの/ことは残念だ。(I)

Kono chiimu ga maketa no/koto wa zannen da.

It's a shame that this team lost.

すぐに引っ越しできないの/ことは残念ですね。(F)

Sugu ni hikkoshi dekinai no/koto wa zannen desu ne.

It is regrettable that you cannot move right away.

- Clause + **no/koto o kookai shite iru.**

学生時代に留学しなかったの/ことを後悔しています。

Gakusee jidai ni ryuugaku shinakatta no/koto o kookai shite imasu.

I regret that I didn't study abroad when I was a student.

One's regret can also be expressed using the predicate in **ba**-form followed by **yokatta**.

▶ 24.2

留学すればよかった。

Ryuugaku sureba yokatta.

I wish I had studied abroad.

嘘をつかなければよかったです。

Uso o tsukanakereba yokatta desu.

I wish I hadn't lied.

In addition, the **V-te shimau** structure is used to express the speaker's feeling that what happened was unfortunate or regrettable.

▶ 19.2.5

宿題を忘れてしまいました。

Shukudai o wasurete shimaimashita.

I forgot my homework.

財布をなくしてしまいました。

Saifu o nakushite shimaimashita.

I lost my wallet.

風邪をひいてしまった。

Kaze o hiite shimatta.

I caught a cold.

67.3 Reporting on others' distress and regret

To report on others' distress or regret, adjectives that express distress or regret are used with evidential markers such as **yoo** and **rashii**, or by verbalizing the adjective using **-gatte iru** 'showing signs of . . .,' which attaches to the stem of the adjective.

▶ 28; 58

息子は友達ができなくてとてもつらそうです。

Musuko wa tomodachi ga dekinakute totemo tsura soo desu.

Our son seems to be suffering because he has not made friends.

子供たちは試合に負けたことを残念がっています。

Kodomo-tachi wa shiai ni maketa koto o zannen gatte imasu.

The children are regretting that they (have) lost (in) the game.

Verbs that express distress or regret are used in the **V-te iru** form to express others' distress or regret. They can be used without evidential markers.

先生はがっかりしています。

Sensee wa gakkari shite imasu.

The teacher is disappointed.

田中さんは落ち込んでいます。

Tanaka-san wa ochikonde imasu.

Mr/Ms Tanaka is feeling depressed.

兄は後悔しています。

Ani wa kookai shite imasu.

My older brother is feeling regret.

弟は試合に負けて、くよくよしています。

Ootoo wa shiai ni makete, kuyokuyo shite imasu.

My younger brother is whining because he lost the game.

被害者は苦しんでいます。

Higaisha wa kurushinde imasu.

The victims are suffering.

森さんは借金に苦悩しています。

Mori-san wa shakkin ni kunoo shite imasu.

Mr/Ms Mori is tormented by his/her debts.