

A photograph of two young women standing in a room, possibly a gym, with their hands pressed against a white wall. The woman on the left has long blonde hair and is wearing a dark, patterned sweater. She has a serious, somewhat angry expression. The woman on the right has long dark hair and is wearing a teal, fuzzy sweater. She is looking at the blonde woman with a calm but firm expression. The background shows a window with a view of a sunset or sunrise, and some gym equipment like a red dumbbell rack.

# B1 - Friendship and conflict

Learn to use the first conditional

# Friendship and conflict

1. What do you value most in a friend?
2. Have you ever had an argument with a close friend?
3. How do you usually solve conflicts with others?
4. Do you forgive easily?
5. What would you do if a friend betrayed your trust?
6. Can a friendship survive a big argument?
7. Have you ever lost a friend because of a disagreement?
8. If you hurt a friend's feelings, how would you fix the situation?



# If We Talk About It, We'll Fix it ...

Samantha and Lungi had been best friends since primary school. They always shared their secrets, supported each other through tough times, and celebrated every success together. But last week, something changed.

Samantha told another friend about a personal problem Lungi was having. She didn't mean any harm — she just wanted advice. But when Lungi found out, she was furious. She stopped replying to Samantha's messages and avoided her at school.

Samantha felt awful. She knew she had made a mistake, but she didn't want to lose their friendship. Her older sister said, "If you talk to her honestly, she'll probably forgive you." Samantha wasn't sure, but she decided to try.

The next day, she found Lungi sitting alone in the library. She walked over and said, "I'm really sorry. I shouldn't have shared your secret. If I could take it back, I would. But I promise — if you trust me again, I'll never break that trust."

Lungi stayed quiet for a moment. Then she said, "If you ever do it again, we'll be done. But... I believe you." The two friends hugged, and although things weren't perfect, they both felt better.

# First conditional structure

**The first conditional is used to talk about real future possibilities based on a condition.**

<b>Structure</b>	<b>If + present simple, will + base verb</b>
<b>Example 1</b>	If you apologise, she will forgive you.
<b>Example 2</b>	If he doesn't explain, they won't understand.
<b>Example 3</b>	If we talk honestly, we'll fix the problem.

**Note: You can switch the order. When the 'if' clause is the second part, you don't place a comma (,) in front of the word.**

"If you apologise, she will forgive you."

"She will forgive you if you apologise."

# Complete the sentences using the correct form of the first conditional

1. If I \_\_\_\_\_ (*tell*) her the truth, she \_\_\_\_\_ (*understand*).
2. If you \_\_\_\_\_ (*not say*) sorry, he \_\_\_\_\_ (*stay*) angry.
3. If we \_\_\_\_\_ (*have*) time tomorrow, we \_\_\_\_\_ (*talk*) about it.
4. If she \_\_\_\_\_ (*share*) my secret again, I \_\_\_\_\_ (*never trust*) her.
5. They \_\_\_\_\_ (*not forgive*) you if you \_\_\_\_\_ (*lie*) again.
6. If we \_\_\_\_\_ (*listen*) to each other, we \_\_\_\_\_ (*solve*) this.
7. If I \_\_\_\_\_ (*apologise*), he \_\_\_\_\_ (*probably forgive*) me.
8. She \_\_\_\_\_ (*feel*) better if you \_\_\_\_\_ (*be*) honest with her.

# Match the condition in Column A with the correct result in Column B

- |   |                                     |
|---|-------------------------------------|
| 1. If you break my trust again ...          | A. ... they'll stop talking to you. |
| 2. If he doesn't explain what happened, ... | B. ... we'll be able to fix things. |
| 3. If she apologises, ...                   | C. ... we'll never be close again.  |
| 4. If you ignore them, ...                  | D. ... I won't forgive you.         |
| 5. If we talk openly, ...                   | E. ... she'll feel better.          |



# “The misunderstanding” – roleplay exercise

## Scenario:

Two best friends had an argument yesterday. One of them said something hurtful, and the other one is still upset. They both care about the friendship, but they're not sure how to fix things.

## Task:

- A. Have a conversation as the two friends trying to resolve the conflict.
- B. Use at least 3–4 first conditional sentences in your discussion.
- C. Try to: “apologise”, “express feelings”, “offer or accept a solution”, “use conditional thinking (realistic consequences and hopes)

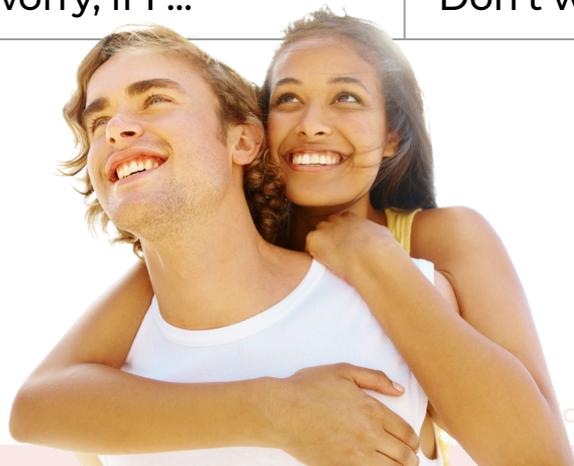
## Roles:

1. **Student A (the one who made the mistake):**  
You accidentally hurt your friend's feelings – maybe by saying something unkind, forgetting something important, or sharing a private story. You now want to fix the situation.
2. **Student B (the hurt friend):**  
Your friend upset you, and you haven't spoken since. You're angry, but open to reconciliation if they show they care and understand.



# Helpful phrases

Starting a sentence	First conditional examples
“If you ...”	“If you listen to me, I’ll explain everything.”
“I think that if ...”	“I think that if we talk honestly, we’ll feel closer again.”
“What will happen if ...”	“What will happen if I just leave this conversation now?”
“Don’t worry, if I ...”	“Don’t worry, If I upset you again, I’ll take responsibility.”



# Future focus



1. What will you do if your best friend forgets your birthday next year?
2. If you win a lot of money in the future, what will you do with it?
3. If you feel stressed about school or work next week, how will you handle it?
4. What will happen if your phone breaks tomorrow and you can't replace it quickly?
5. If you meet someone new who seems really interesting, what will you do?



**Thank you for your support**

---

**YouTube: @elucidatedenglish**