The following verbs can be followed by either the ***gerund or the infinitive with a change in meaning.*Remember + gerund** I remember going to the beach when I was a child  
  
(when you remember something that has happened in the past)

**Remember + to + infinitive** She remembered to send a card to her grandmother  
  
( when you think of something that you need to do. )

**Forget + gerund** I’ll never forget spending Christmas at Granny's house in 1985

(when you forget about a memory, something that you did in the past.)

**Forget + to + infinitive** She forgot to bring his book back.

(when you want to do something, but you forget about it.)

**Try + gerund** ( δοκιμάζω) She tried giving up chocolate, but it didn't help her lose weight  
( when you do something as an experiment).

**Try + to + infinitive( προσπαθώ)** I'll try to carry the suitcase, but it looks too heavy for me.

**Stop + gerund** My boss came into the room, so I stopped browsing the internet.

* There was a fire alarm, so I stopped eating and went outside.

(It can mean 'stop forever' or 'stop at that moment'.)

**Stop + to + infinitive** She was shopping and she stopped to get a cup of coffee.

(When we stop something in order to do something else)

**Regret + gerund** She regrets leaving school when she was sixteen. She wishes that she had studied more and then gone to university (when you are sorry about something you did in the past and you wish you hadn't done it.)

**Regret + to + infinitive** I regret to tell you that the train has been delayed.

* The company regrets to inform employees that the London office will close next year. (when we are giving someone bad news, in quite a formal way. The verb is almost always something like 'say' or 'tell' or 'inform'.)