

The present continuous:further information

Adverbs of frequency

Although we usually use the present simple with **adverbs of frequency**, it is possible to use always and words with a similar meaning with the present continuous. The present simple focuses on how regularly something happens and the present continuous emphasises that it happens a lot. It is a way of exaggerating 'very often'. Compare:

She always smiles when she greets a client. [every time that she greets a client]
She's always smiling. [she smiles a lot; not all the time of course]

We can use it when we think something happens too often or we are unhappy about something:

I'm always losing my keys!
You're always talking on the phone when you should be working!
He's constantly playing with his pen during meetings!
She's forever talking about her children - it's so boring!



My neighbour's always popping in for a coffee, which is nice.



My children are always fighting; what shall I do?

Stative and active verbs

We usually avoid using the present continuous (and other continuous tenses) with stative verbs. These are different from active verbs because they describe a state, feelings or emotions. They are also used to refer to the senses or to talk about weights and measurements etc.

I know a lot of Japanese people. [not 'I'm knowing']

He believes in God. [not 'He's believing']

I'm a teacher. [not 'I'm being']

It weighs 3kg. [not 'It's weighing']

However, there are exceptions. See [stative and active verbs](#) for more detail.

The senses

Verbs like taste, see, hear, smell, sound etc. are more commonly used with simple tenses:

It tastes delicious.

It smells good.

It sounds lovely.

It feels soft.

It looks wonderful.

However we can also use the continuous when talking about current situations:

You look nice today. = You're looking nice today

Do you feel better today? = Are you feeling better today?

The garden is looking lovely now that spring is here.

It is feeling much softer now I have washed it with Lenor.

Stories and jokes

In informal, spoken English, we sometimes use the [present simple](#) and present continuous to tell a joke or relate something that happened in the past because it sounds more interesting or dramatic:



You won't believe what happened last night! Well, I'm **cooking** the dinner when his car screeches to a halt and I stop what I'm **doing**. He comes in and he's **holding** a bunch of flowers. Well, I know what he's **thinking**...



A dog walks into a bar and he's **wearing** a suit and tie. He's **carrying** a briefcase and he says to the barman...

From:
<https://tools.e-exercises.com/> - Ressources pour les apprenants

Permanent link:
https://tools.e-exercises.com/doku.php?id=en:grammar:present:present_continuous:further_information&rev=1486990330

Last update: 2023/02/14 14:21

