

Present Continuous

[am/is/are + present participle]

Examples:

- You **are watching** TV.
- **Are you watching** TV?
- You **are not watching** TV.

[Complete List of Present Continuous Forms](#)

USE 1 Now



Use the Present Continuous with [Normal Verbs](#) to express the idea that something is happening now, at this very moment. It can also be used to show that something is not happening now.

Examples:

- You **are learning** English now.
- You **are not swimming** now.
- **Are you sleeping?**
- I **am sitting**.
- I **am not standing**.
- **Is he sitting** or **standing**?
- They **are reading** their books.
- They **are not watching** television.
- What **are you doing**?
- Why **aren't you doing** your homework?

USE 2 Longer Actions in Progress Now



In English, "now" can mean: this second, today, this month, this year, this century, and so on. Sometimes, we use the Present Continuous to say that we are in the process of doing a longer action which is in progress; however, we might not be doing it at this exact second.

Examples: (All of these sentences can be said while eating dinner in a restaurant.)

- I **am studying** to become a doctor.
- I **am not studying** to become a dentist.
- I **am reading** the book *Tom Sawyer*.
- I **am not reading** any books right now.
- **Are you working** on any special projects at work?
- **Aren't you teaching** at the university now?

USE 3 Near Future



Sometimes, speakers use the Present Continuous to indicate that something will or will not happen in the near future.

Examples:

- I **am meeting** some friends after work.
- I **am not going** to the party tonight.
- **Is he visiting** his parents next weekend?
- **Isn't he coming** with us tonight?

USE 4 Repetition and Irritation with "Always"



The Present Continuous with words such as "always" or "constantly" expresses the idea that something irritating or shocking often happens. Notice that the meaning is like [Simple Present](#), but with negative emotion. Remember to put the words "always" or "constantly" between "be" and "verb+ing."

Examples:

- She **is always coming** to class late.
- He **is constantly talking**. I wish he would shut up.
- I don't like them because they **are always complaining**.

REMEMBER Non-Continuous Verbs/ Mixed Verbs

It is important to remember that [Non-Continuous Verbs](#) cannot be used in any continuous tenses. Also, certain non-continuous meanings for [Mixed Verbs](#) cannot be used in continuous tenses. Instead of using Present Continuous with these verbs, you must use [Simple Present](#).

Examples:

- She **is loving** this chocolate ice cream. *Not Correct*
- She **loves** this chocolate ice cream. *Correct*

ADVERB PLACEMENT

The examples below show the placement for grammar adverbs such as: always, only, never, ever, still, just, etc.

Examples:

- You are **still** watching TV.
- Are you **still** watching TV?