

The Present Continuous Tense

FORM OF THE PRESENT CONTINUOUS

The **present continuous tense** is formed with the present of TO BE + base form of the verb + -ING:

AFFIRMATIVE	NEGATIVE	INTERROGATIVE
I am eating. You are eating. He is eating. She is eating. It is eating. We are eating. You are eating. They are eating.	I am not eating. You are not eating. He is not eating. She is not eating. It is not eating. We are not eating. You are not eating. They are not eating.	Am I eating? Are you eating? Is he eating? Is she eating? Is it eating? Are we eating? Are you eating? Are they eating?

SPELLING OF THE PRESENT CONTINUOUS

With verbs ending in **-E**, we drop the final -E and add **-ING**:
write - writing come - coming use - using

Monosyllabic verbs that end in a consonant preceded by a stressed vowel **double the last letter** when adding **-ING**:
run - running put - putting let - letting

Verbs ending in **-C**, receive also the letter **K** when we add **-ING**:
panic - panicking picnic - picnicking

Two-syllable verbs ending in a stressed syllable **double the last consonant** when we add **-ING**:
forget - forgetting prefer - preferring

REMEMBER!

We can also use the contracted forms of **TO BE**, in the affirmative or negative:

I'm	} affirmative	I'm not	} negative
You're		You aren't	
He's		He isn't	
She's		She isn't	
It's		It isn't	
We're		We aren't	
You're		You aren't	
They're		They aren't	

ADVERBS OF TIME

When we talk about actions in progress at the moment of speaking we can use adverbials like:

now, at the moment, just, still

ADVERBS OF FREQUENCY

When we talk about repeated actions or when we want to imply complaint we can use adverbs like:

always, constantly, continually, forever, perpetually, repeatedly

USE OF THE PRESENT CONTINUOUS

The **present continuous tense** is used to talk about:

1. actions in progress at the moment of speaking:

- What are you doing? - I am doing my homework.
Tim is taking a bath, so he can't answer the phone.

2. temporary situations:

She is taking driving lessons.
John is studying French at Yale University.

3. planned actions with future reference:

We are going on a cruise next month.
My cousin is leaving tomorrow early in the morning.

4. repeated actions:

They are always helping other people
He is always biting his nails when he is nervous.