

State Verbs – Worksheet (B1 Practice)**◆ What Are State Verbs?**

State verbs describe **feelings, thoughts, possession, senses, and existence**, not actions.

They usually **don't use continuous forms** (*am knowing*, *know*).

Examples:

- I **believe** you.
- She **has** a car.
- This cake **tastes** amazing.
- I **love** learning English.

◆ Part 2 – Common State Verbs

Type	Verbs	Example Sentence
Belief or Opinion (part of character/lifestyle)	know, believe, understand, think (believe), remember, forget	I know the answer.
Possession	have, own, belong, include	This pen belongs to me.
Feelings / Emotions (permanent tendencies)	like, love, hate, prefer, need, want, wish	She wants a new phone.
Senses (describe something)	see, hear, smell, taste, feel	It smells wonderful.
Appearance / Existence	be, seem, appear, look (seem), consist	He seems tired.

◆ Part 3 – Verbs That Can Be Both

Verb	State Meaning	Action Meaning
think	I think it's true. (believe)	I'm thinking about it. (consider)
have	I have a dog. (own)	I'm having dinner. (eating)
see	I see your point. (understand)	I'm seeing a doctor tomorrow. (meeting)

Verb State Meaning**Action Meaning**

be She **is** smart. (characteristic) She's **being** rude. (temporary behaviour)

taste The soup **tastes** great. (flavour) He's **tasting** the soup. (testing)

◆ **Part 4 – Practice A: Choose the Correct Form**

Circle the correct verb form.

1. I **(know / am knowing)** the answer.
 2. She **(has / is having)** a car.
 3. He **(thinks / is thinking)** about his future.
 4. I **(see / am seeing)** the doctor tomorrow.
 5. This cake **(tastes / is tasting)** delicious.
 6. I **(believe / am believing)** you.
 7. We **(have / are having)** dinner right now.
 8. They **(love / are loving)** this movie.
 9. The teacher **(seems / is seeming)** angry.
 10. I **(understand / am understanding)** the question.
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◆ **Part 5 – Practice B: Identify the Type**

Write which **type of state verb** each underlined verb is.

(Choose from: *belief, possession, feeling, sense, appearance*)

1. I **believe** that hard work pays off. → _____
 2. The coffee **smells** amazing. → _____
 3. She **owns** three houses. → _____
 4. They **prefer** working from home. → _____
 5. He **seems** upset today. → _____
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◆ **Part 6 – Practice C: Rewrite the Sentence**

Rewrite the following using the correct **simple or continuous** form.

1. I **am knowing** the answer. → _____
 2. She **is having** a car. → _____
 3. I **am seeing** your point. → _____
 4. He **is being** kind today. → _____
 5. The soup **is tasting** bad. → _____
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◆ **Part 7 – Extra Practice**

Choose the correct option in each sentence.

1. I (**think / am thinking**) we should go now — it's getting late.
 2. I (**am thinking / think**) about moving to Sydney next year.
 3. She (**has / is having**) a shower at the moment.
 4. He (**is being / is**) rude — he usually isn't like this.
 5. I (**see / am seeing**) what you mean about the design.
 6. We (**see / are seeing**) our cousins this weekend.
 7. The food (**tastes / is tasting**) strange — is that vinegar?
 8. I (**feel / am feeling**) really nervous today.
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 **Answer Sheet**

Part 4 – Correct Form

1. know
 2. has
 3. is thinking
 4. am seeing
 5. tastes
 6. believe
 7. are having
 8. love (“*am loving*” possible in informal use)
 9. seems
 10. understand
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Part 5 – Type

1. belief
 2. sense
 3. possession
 4. feeling
 5. appearance
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Part 6 – Rewrite

1. I **know** the answer.
 2. She **has** a car.
 3. I **see** your point.
 4. He **is being** kind today.  (temporary)
 5. The soup **tastes** bad.
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Part 7 – Extra Practice

1. think (believe/opinion)
2. am thinking (considering/deciding)
3. is having (doing/eating/showering)
4. is being (temporary behaviour)
5. see (understand)
6. are seeing (meeting/visiting)
7. tastes (describes flavour)
8. am feeling (temporary emotion)