
Frequency Adverbs with Examples

Basic Frequency Adverbs

- **always** — I always wake up early.
- **usually** — She usually studies in the evening.
- **normally** — We normally meet after class.
- **often** — He often forgets his keys.
- **sometimes** — I sometimes work from home.
- **occasionally** — They occasionally eat out.
- **rarely** — She rarely watches television.
- **seldom** — We seldom travel in winter.
- **hardly ever** — He hardly ever drinks coffee.
- **never** — I never lie to my friends.

Intermediate Frequency Adverbs

- **frequently** — She frequently checks her emails.
- **regularly** — I regularly revise my notes.
- **periodically** — The system is periodically updated.
- **from time to time** — I visit my hometown from time to time.
- **every now and then** — He calls me every now and then.
- **once in a while** — We go hiking once in a while.
- **on occasion** — On occasion, she works late.

Advanced / Formal Frequency Adverbs

- **invariably** (*πάντα / ανελλιπώς*) – He is invariably punctual.
- **consistently** (*σταθερά / με συνέπεια*) – She consistently performs well.
- **habitually** (*κατά συνήθεια*) – He habitually checks the news.
- **sporadically** (*σποραδικά*) – The internet connection fails sporadically.
- **intermittently** (*διακεκομένα / κατά διαστήματα*) – The warning light flashes intermittently.
- **predominantly** (*κυρίως / κατά κύριο λόγο*) – The area is predominantly residential.

Formal / Academic Frequency Expressions

- **on a regular basis** – Meetings are held on a regular basis.
- **with increasing frequency** – Heatwaves occur with increasing frequency.
- **at regular intervals** (*σε τακτά χρονικά διαστήματα*) – Tests are conducted at regular intervals.
- **in most cases** – In most cases, the treatment is effective.
- **in the majority of cases** – In the majority of cases, results improve.