

I'm trying + (verb)

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I am trying' informs someone that you are attempting to accomplish something using bodily, mental, or spiritual strength. By adding a verb to 'I'm trying' you are pointing out exactly what it is you are attempting to do.

Here are some examples:

["I'm trying to get a job."](#)

["I'm trying to call my family."](#)

["I'm trying to enjoy my dinner."](#)

["I'm trying to educate myself."](#)

["I'm trying to explain myself."](#)

["I'm trying new food."](#)

["I'm trying to eat healthy."](#)

["I'm trying to understand."](#)

You may also hear the word 'trying' used to express a way someone is feeling. In this manner, it expresses strain or distress.

Here are some examples:

["Learning new things can be trying on you."](#)

["That marathon was very trying on me."](#)