



Adverbs of frequency

We use some adverbs to describe how frequently we do an activity.

These are called adverbs of frequency and include:

Frequency	Adverb of Frequency	Example Sentence
100%	always	Vegeta is always in a bad mood.
90%	usually	Trunks usually have cereal for breakfast.
80%	normally / generally	Bulma normally goes to the gym.
70%	often / frequently	Bulma often surf the internet.
50%	sometimes	Vegeta sometimes forgets his wife's birthday.
30%	occasionally	Bulma occasionally eat junk food.
10%	seldom	Trunks seldom reads the newspaper.
5%	hardly ever / rarely	Bulma hardly ever drink soda.
0%	never	Bulma never fights.

The Position of the Adverb in a Sentence

An adverb of frequency goes **before** a main verb (except with To Be).

Subject + adverb + main verb

I **always** remember to do my homework.
Trunks **normally** gets good marks in exams.

An adverb of frequency goes **after** the verb To Be.

Subject + to be + adverb

People are **never** pleased to see Vegeta.
Bulma isn't **usually** bad tempered.

We can also use the following adverbs at the start of a sentence:

Usually, normally, often, frequently, sometimes, occasionally

Occasionally, Vegeta likes to eat sea food.

BUT we **cannot** use the following at the beginning of a sentence: Always, seldom, rarely, hardly, ever, never.

We use hardly ever and never with positive, not negative verbs:

She **hardly ever** comes to my parties.
They **never** say "thank you".

