Present Continuous

We use present continuous to talk about something happening now.

I'm doing superheroe stuff.

Past — Present — Future

Form

I	am (not)	I´m		
He/She/It	is (not)	He´s/She´s/It´s	doing	super heroe stuff.
We/You/They	are (not)	We´re/You´re/They´re		

Spelling rules

sit-sitting	come-coming	die-dying
stop-stopping	write-writing	lie-lying
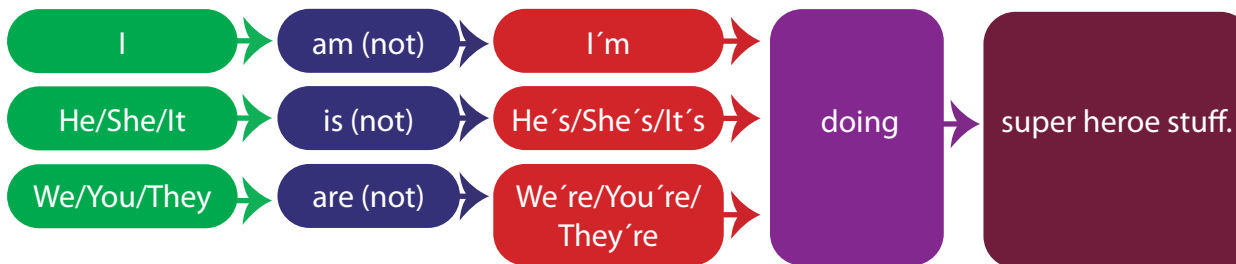
Note: Do not use with the following verbs; love, like, want, know, understand, forget, agree. These verbs are not activities. They are used with present simple.