

Look at the following graphic to see the differences between the two tenses.



Present Simple

Subject + verb (in present) + complement.

-To talk about habits and routines.

Example: I go to the park every Sunday.

Useful adverbs: always, sometimes, usually, often, every day, occasionally, never, first, next, then...

Present Continuous

Subject + verb "be" (in present) + verb (with -ing) + complement.

-To talk about a break in routine.

-To describe actions in progress at the moment.

Example: I'm going to the supermarket right now.

Useful adverbs and phrases: At the moment, at this moment, just, right now, just now, now, still.

NOTE. We cannot use the "stative verbs" (verbs for emotion, sense or mental states) in Present Continuous. We have to use Present Simple.



Some **stative verbs** are: adore, be, believe, dislike, hate, know, like, look, love, prefer, see, understand, want...

For example:

I'm ~~adoring~~ this book. → I adore this book.

She's ~~understanding~~ the class. → She understands the class.

