

PRESENT HABITS



PRESENT SIMPLE

+ ADVERBS OF FREQUENCY

- She *normally* works until late.
- He is *usually* in time for classes.

+ TIME PHRASES

Now and then / From time to time / Once a fortnight

- They travel abroad *now and then*.

ADVERBS OF FREQUENCY

are placed:

- ❖ before the main verb:
 - He *usually* comes in time.
- ❖ after the verb 'to be' or an auxiliary verb:
 - He is *never* late.

BUT:

- ❖ *sometimes, occasionally, frequently, often, usually, normally* can be placed at the beginning of the sentence:
 - *Usually* I drink coffee in the morning.
- ❖ *sometimes, (very/quite) often* can be placed at the end of the sentence:
 - He doesn't call us *very often*.

PRESENT CONTINUOUS

+ ALWAYS

(TO EXPRESS IRRITATION or AMUSEMENT)

- *My younger sister is **always** borrowing my clothes.*
- *He's always coming up with the craziest ideas!*

FUTURE SIMPLE

+ ADVERBS OF FREQUENCY

- *I'll sometimes leave early in the morning.*
- She'll usually tell you all about her life even if you're not interested.
- He will always wake up early.

Alternative Phrases

❖ tend to / tend (not) to...

❖ have a tendency to

We **tend to** / **have a tendency to** = we are likely to behave like that

- ▶ We **tend to** eat at home.
- ▶ We **tend not to** talk about it.
- ▶ He's **got a tendency to** stay out quite late in the evenings.

Alternative Phrases

❖ keep on

We use **keep (on) (+ -ing form)** to describe present habits.

- ▶ To stay healthy, he keeps on exercising daily, even when he's busy.

This form often describes annoyance.

- ▶ She **keeps on** checking her phone every few minutes!
- ▶ They **keep on** leaving dishes in the sink, turning it into a frustrating household habit.

Alternative Phrases

❖ be prone to (+ -ing form)

❖ be inclined to (+ infinitive)

We use **be prone to (+ -ing form)** and **be inclined to (+ infinitive)** to describe negative behaviour.

- ▶ He **is prone to** procrastinating, leaving tasks until the last minute.
- ▶ They **are prone to** arguing over small details, making decisions harder.
- ▶ He **is inclined to** stay up late, which affects his morning routine.
- ▶ They **are inclined to** ignore minor issues, hoping they resolve themselves.

Alternative Phrases

❖ *As a rule*

❖ *Nine times out of ten*

'**As a rule**' means: 'Generally speaking; in most cases; typically'.

- ▶ **As a rule**, I don't drink coffee after 5 PM.
- ▶ **As a rule**, she prefers to work alone.

'**Nine times out of ten**' means 'Almost always; very frequently'

- ▶ **Nine times out of ten**, he forgets his keys.
- ▶ If you ask her for help, **nine times out of ten** she'll say yes.

PAST HABITS



USED TO

❖ PAST ACTIVITIES AND STATES:

- *He used to go to the office every day before the lockdown.*
- *He never used to go to the office on Sundays.*
- *He didn't use to go to the office on Sundays.*
- *He used not to go to the office on Sundays.*
- *Did he use to go to the office on Sundays?*

- *She used to have a parrot, but now she has a puppy.*

WOULD

- ❖ PAST ACTIVITIES (but not states!!!):
 - *He would go to the office every day before the lockdown.*
 - *He would never go to the office on Sundays.*
 - *He wouldn't go to the office on Sundays.*
 - *Would he use to go to the office on Sundays?*