**Present Continuous**

**FORM** **Present Continuous**  
  
[AM / IS / ARE] + [VERB+ing]  
  
**EXAMPLES:**  
  
I am watching TV.  
  
He is quickly learning the language.  
  
**NOTE:** When you are using a verb tense with more than one part such as Present Continuous (is learning), adverbs often come between the first part and the second part (is quickly learning).

**USE 1** **Now**       
  
Use the Present Continuous with [Continuous Verbs](http://www.englishpage.com/verbpage/types.html) to express the idea that something is happening now, at this very moment. It can also be used to show that something is not happening now.  
  
**EXAMPLES:**  
  
You are learning English now.  
  
You are not swimming now.  
  
I am sitting.  
  
I am not standing.  
  
They are reading their books.  
  
They are not watching television.  
  
What are you doing?  
  
Why aren't you doing your homework?



**USE 2** **Longer Actions in Progress Now**      
  
In English, *now* can mean "this second," "today," "this month," "this year," "this century" and so on. Sometimes we use the Present Continuous to say that we are in the process of doing a longer action which is in progress; however, we might not be doing it at this exact second.  
  
**EXAMPLES:** (All of these sentences can be said while eating dinner in a restaurant.)  
  
I am studying to become a doctor.  
  
I am not studying to become a dentist.  
  
I am reading the book *Tom Sawyer*.  
  
I am not reading any books right now.  
  
Are you working on any special projects at work?  
  
Aren't you teaching at the University now?



**USE 3** **Near Future**      
  
Sometimes, speakers use the Present Continuous to indicate that something will or will not happen in the near future.  
  
**EXAMPLES:**  
  
I am meeting some friends after work.  
  
I am not going to the party tonight.  
  
Is he visiting his parents next weekend.  
  
Isn't he coming with us tonight.



**USE 4** **Repetition and Irritation with "Always"**      
  
The Present Continuous with words such as "always" or "constantly" expresses the idea that something irritating or shocking often happens. Notice that the meaning is like [Simple Present](http://www.englishpage.com/verbpage/simplepresent.html) but with negative emotion. Remember to put the words "always" or "constantly" between "be" and "verb+ing."  
  
**EXAMPLES:**  
  
She is always coming to class late.  
  
He is constantly talking. I wish he would shut up.  
  
I don't like them because they are always complaining.



**IMPORTANT** **Non-Continuous Verbs/ Mixed Verbs**  
  
It is important to remember that [Non-Continuous Verbs](http://www.englishpage.com/verbpage/types.html) cannot be used in any "continuous" tenses. Also, certain "non-continuous" meanings for [Mixed Verbs](http://www.englishpage.com/verbpage/types.html) cannot be used in "continuous" tenses. To express the idea of "happening now", you must use [Simple Present USE 3](http://www.englishpage.com/verbpage/simplepresent.html).  
  
**EXAMPLES:**  
  
She is loving chocolate. **Not Correct**  
  
She loves chocolate. **Correct**

**ACTIVE / PASSIVE** **Present Continuous**  
  
**EXAMPLES:**  
  
Right now, Tom is writing the letter. **ACTIVE**  
  
Right now, the letter is being written by Tom. **PASSIVE**