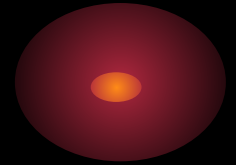
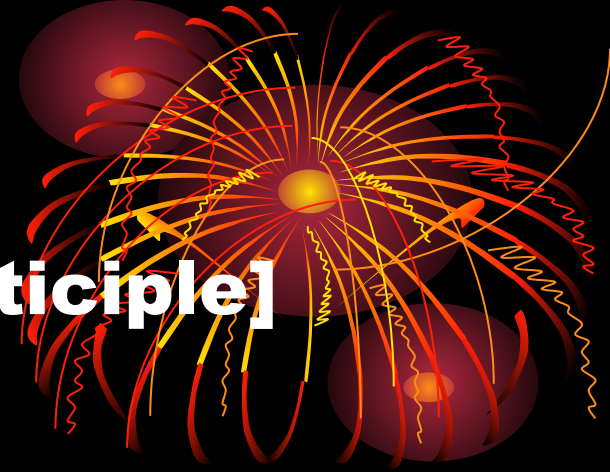


An abstract graphic featuring a central yellow sphere with a bright orange glow. From this sphere, numerous curved lines radiate outwards, transitioning in color from yellow to orange to red. Some lines are straight, while others are wavy or spiral. The background is solid black. The text "Present Continuous" is overlaid in the center in a white, bold, sans-serif font.

Present Continuous

FORM

[am/is/are + present participle]



- **Examples:**
- **You are watching TV.**
- **Are you watching TV?**
- **You are not watching TV.**

USE 1 Now



- **Use the Present Continuous with Normal Verbs 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.**
- **Are you sleeping?**
- **I am sitting.**
- **I am not standing.**
- **Is he sitting or standing?**
- **They are reading their books.**
- **They are not watching television.**
- **What are you doing?**
- **Why aren't you doing your homework?**



It is important to remember that **Non-Continuous Verbs** cannot be used in any continuous tenses. Also, certain non-continuous meanings for **Mixed Verbs** cannot be used in continuous tenses. Instead of using Present Continuous with these verbs, you must use **Simple Present**. ■

- **Examples:**
- **She is loving this chocolate ice cream. *Not Correct***
- **She loves this chocolate ice cream. *Correct***

USE 2 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?**

