

The Present Continuous

We use the present continuous for many situations such as actions happening now, events in progress, temporary situations, actions in the near future and annoying habits.

Key words for the present continuous: now, right now, at the moment

Actions happening right now

- o He's walking to school.
- o John is talking on the phone.
- o I am planting flowers in my garden now.

Actions in progress

- o They are studying at college to be lawyers. (They are in the process of becoming lawyers. It will take some years.)
- o I'm painting my house. I will finish next week. (He's still painting his house.).

Events in the near future

- o Are you coming over tomorrow?
- o We're going to the park later.

Temporary situations

- o She's staying at a hotel for the weekend. (She will go back home soon.)
- o I'm working an extra shift today. (They are only working an extra shift today)

Annoying habits

- o John and Marie are always complaining.
- o She is always gossiping about everyone.

We make the **present continuous** by adding **+ing to the main verb**. Look at the charts below to learn how to make sentences in the present continuous in the affirmative, negative and question forms.

Subject + verb to be + main verb+ ing

Affirmative		
Subject	Be	Verb + ing
I	am	talking.
You	are	talking.
We	are	talking.
They	are	talking.
He	is	talking.
She	is	talking.
It	is	talking.
Negative		
Subject	Be + not	Verb + ing
I	am not	talking.
You	are not	talking.
We	are not	talking.
They	are not	talking.
He	is not	talking.
She	is not	talking.
It	is not	talking.

Question		
Be	Subject	Verb + ing
Am	I	talking?
Are	you	talking?
Are	we	talking?
Are	they	talking?
Is	he	talking?
Is	she	talking?
Is	it	talking?

Short answers.

Are you talking on the phone?

Yes, I am.

Yes, he/ she / it/ is.

Yes, you/ we /they are

No, I'm not.

No, he/ she / it isn't.

No, you/ we/ they aren't

Contractions

Contractions are used to make the short form of the present continuous. Instead of say, "I am talking" you can say I'm talking.

Affirmative	
I am	I'm talking.
You are	You're talking.
We are	We're talking.
They are	They're talking.
He is	He's talking.
She is	She's talking.
It is	It's talking.

Negative	
I am	I'm not talking

You are not	You're not talking
We are	We're not talking
They are	They're not talking
He is	He's not talking
She is	She's not talking
It is	It's not talking

In this contraction example you contract the **subject** and the form to **be**.

Negative	
I am	
You are not	You aren't talking
We are	We aren't talking
They are	They aren't talking
He is	He isn't talking
She is	She isn't talking
It is	It isn't talking

In this contraction example you make the contraction with the conjugated form of **be** and **not**.

OR

[Click here](#) to try an exercise on the Present Continuous.