

Present Continuous Tense — Quick Reference

CLB 4–5 | Usage, Forms, Time Expressions, and Exceptions

1. Usage

Usage	Form	Example
1. Happening now	Subject + am/is/are + verb-ing	I am studying now.
2. Happening around now	Subject + am/is/are + verb-ing	She is taking an English course this month.
3. Temporary situations	Subject + am/is/are + verb-ing	We are staying with friends this week.
4. Future pre-arranged plans	Subject + am/is/are + verb-ing + future time expression	I am meeting my friend tomorrow.

2. Forms

Form	Structure	Example
Positive / declarative	Subject + am/is/are + verb-ing	They are working today.
Negative	Subject + am/is/are + not + verb-ing	They aren't working today.
Yes/No question	Am/Is/Are + subject + verb-ing?	Are they working?
Wh-question	Wh-word + am/is/are + subject + verb-ing?	Where are they working?

3. Time Expressions

Common time expressions	Examples
now; right now; at the moment; currently; at present	I am working right now .
today; this morning; this week; this month; this year; these days	She is studying this week .
tonight; tomorrow; on Friday; next week; next month	We are meeting them tomorrow .

4. Exceptions and Important Notes

Exception / Rule	What to remember	Example
Stative verbs	Stative verbs usually describe a state, feeling, opinion, possession, or mental condition. They are usually not used with -ing.	✓ I know the answer. ✗ I am knowing the answer.
Common stative verbs	know, understand, believe, like, love, hate, want, need, remember, forget, own	✓ She wants a new job. ✓ They own a house.

Exception / Rule	What to remember	Example
Some verbs have two meanings	A verb may be stative in one meaning and active in another.	have: I have a car. / I am having lunch. think: I think it's good. / I am thinking about it.
Future arrangements	Use the Present Continuous when a future plan is already arranged or organized.	I am seeing the doctor tomorrow.
Don't forget BE	The Present Continuous needs am, is, or are before the -ing verb.	✓ She is studying . ✗ She studying.

Remember: Present Continuous = **BE (am/is/are) + verb-ing**. Use it mainly for actions happening now, around now, temporary situations, and future arrangements that are already planned.