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Adverbs of degree tell us the intensity or degree of an action, adjective or another adverb. They answer the question 'how much?' or 'to what extent?'



via <https://guinlist.wordpress.com/2018/10/15/194-adverbs-that-say-how-much/>

We can use these words to modify the meaning of [adjectives](#):

Consider the example:

How was his football match?

- It was **extremely** good.
- It was **very** / **really** good.
- It was good.
- It was **quite** good.
- It wasn't **very** good.
- It wasn't **very** good **at all**.

We can also use these words to modify the meaning of [adverbs](#):

Consider the example:

How did he play?

- He played **extremely** well.
- He played **very** / **really** well.
- He played well.
- He played **quite** well.
- He didn't play **very** well.
- He didn't play **very** well **at all**.

So / Such

We can use 'so' and 'such' to make adjectives stronger:

1. [so + adjective]

- The football match was **so** good.

2. [such + (a) + adjective + noun]

- It was **such** a good football match.

We can also use 'so' to make adverbs stronger:

3. [so + adverb]

- I played **so** well.

We can also use 'so... (that)' and 'such... (that)'. We often leave out 'that'.

- The football match was **so** good **(that)** nobody wanted to go home.
- It was **such** a good football match **(that)** nobody wanted to go home.
- I played **so** well **that** I scored two goals.

Too / Enough

1. We can use the structures **[too + adjective]** and **[too + adverb]** to say that there is a problem. It means 'more than is good' or 'more than is necessary':

- *We're not going outside because it's **too cold**.*
- *This apartment is **too small** for us to get a dog.*
- *He swam **too slowly** to win the race.*

2. We can use **[not + adjective + enough]** or **[not + adverb + enough]** in a similar way:

- *It's **not warm enough** to go outside today.*
- *I don't think we can get a dog - our apartment **isn't big enough**.*
- *He didn't swim **quickly enough** to win the race.*

3. We can also use the positive form **[adjective + enough]** or **[adverb + enough]**:

- *I think this pizza will be **big enough** for four people.*
- *Martin is 17 so he is **old enough** to get a driver's licence.*
- *He did **well enough** in the exam to get into university.*

4. We can say **[too / enough... for somebody / something]**.

- There wasn't **enough** room for us to stretch our legs out.

5. We can also say **[too / enough... to do something]**.

- He's **too** small to reach the door handle.

Almost & nearly

We can use 'almost' or 'nearly' to modify the meaning of verbs:

- *I remembered my passport two minutes before leaving the house. I **almost / nearly** forgot my passport.*
- *I arrived at the airport very late, but I managed to catch my plane. I **almost / nearly** missed my flight.*

Only just

We can also use 'almost' in negative sentences. However, it is more common to make a positive sentence with 'only just':

- I **only just** remembered my passport. (This means the same as, 'I almost didn't remember my passport'.)
- I **only just** caught the plane.
- (This means the same as, 'I almost didn't catch the plane'.)

Hardly

'Hardly' also has a similar meaning to 'almost not'. We can use it to say that something is only just possible or true.

- I am so excited. I can **hardly** wait for my next holiday in Mexico.
- The first time I went there, I **hardly** spoke any Spanish.

'Almost', 'nearly', 'only just' and 'hardly' come before the main verb.

When to use

1. Many adverbs of degree like 'very', 'really', 'quite', 'barely', 'not particularly', etc. can be used with *gradable* adjectives, making them stronger or weaker:

- This movie is **extremely** interesting.
- The game was **really** impressive.
- Your brother is **quite** talented.
- The street is **barely** illuminated.

2. Certain adverbs like 'absolutely', 'completely', 'totally', 'nearly', 'practically', 'almost' etc. are used only with *non-gradable* adjectives. They are used to describe things that possess some quality entirely or almost entirely.

- Our journey was **totally** fascinating.
- Today I feel myself **perfectly** well.
- Mary's new dress is **absolutely** amazing.
- The students in our university are **mostly** American.

- *These two cars are **practically** identical.*

3. Adverbs 'really', 'fairly' and 'pretty' can be used both with *gradable* and *non-gradable* adjectives:

- *It's a **really** good idea (gradable, meaning the idea is very good).*
- *It's a **really** great idea (non-gradable, meaning the idea is absolutely the best).*

4. Adverbs of degree 'quite', 'really' and 'absolutely' can also be used with the verbs. They are put *before* the verbs to modify their meaning a little.

- *I **quite** enjoy running (meaning it gives me pleasure).*
- *I **really** like running (meaning I do it quite often and I like it).*
- *I **absolutely** love running (meaning I can't live without it).*

Here's a good video from Alex Lane explaining how to use adverbs of degree:

Read more about adverbs:

[Position of Adverbs in a Sentence](#)

[How to Form Adverbs](#)