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Present Continuous (Progressive) is a present tense. We use Present Continuous to say what we are doing **now**:



She is walking.



He is running.

<https://www.easypacelearning.com/all-lessons/grammar/177-present-progressive-tense>

Some more examples:

- *I **am reading** a book.*
- *Antony **is speaking**.*
- *I **am listening**.*

How to form Present Continuous

To make Present Continuous, we use:

am/is/are + '-ing' form of the verb ([Present Participle](#))

Singular

Plural

*I **am working***

*We **are working***

*You **are working***

*You **are working***

*He/she/it **is working***

*They **are working***

Note: The verb **'be'** (*am/is/are*) can be **contracted**:

- *I'm cooking right now.*
- *He's reading a book at the moment.*
- *We're going to the cinema tonight.*

Spelling rules for verbs when adding **'-ing'**:

There are some rules to remember when adding the **'-ing'** ending to verbs.

1. For most verbs, including those ending in **'-y'**, just add **'-ing'**:

- *speak → speaking*
- *cook → cooking*
- *say → saying*
- *play → playing*

2. For verbs with silent **'-e'** at the end, drop the final **'-e'** and add **'-ing'**:

- *to choose → choosing*
- *to glide → gliding*

3. For verbs with **'-ie'** at the end, change **'-ie'** to **'-ying'**:

- *to tie → tying*
- *to lie → lying*

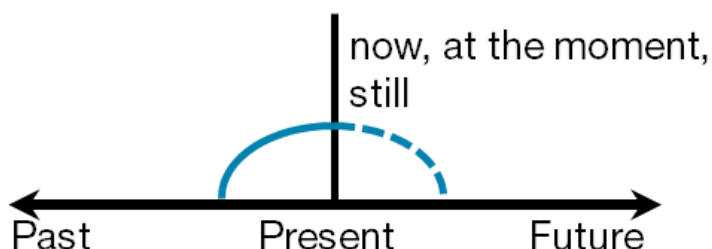
4. For verbs with **'consonant + vowel + consonant'** at the end and final syllable stressed, double the last consonant (except for **'-x'** and **'-w'**) and add **'-ing'**:

- *to for'get → forgetting*
- *to 'swim → swimming*

When to use Present Continuous

The Present Continuous tense is used to describe actions happening right now or around now.

Present Continuous Tense



(am/is/are) + V-ing

via <https://www.timetoast.com/timelines/present-continuous-and-present-simple>

Present Continuous is used to express:

1) actions taking place at the time of speaking

- *I **am reading** a book at the moment.*
- *Where's Bill? He's **talking** to his friend.*

2) actions taking place during present period (temporary situations)

- *Some friends of mine **are building** their own house. They hope to finish it next summer.*
- *I'm **living** in London.*

3) planned actions in the near future

- *We **are going** to the cinema in 20 minutes.*
- *I'm **meeting** my father tomorrow.*

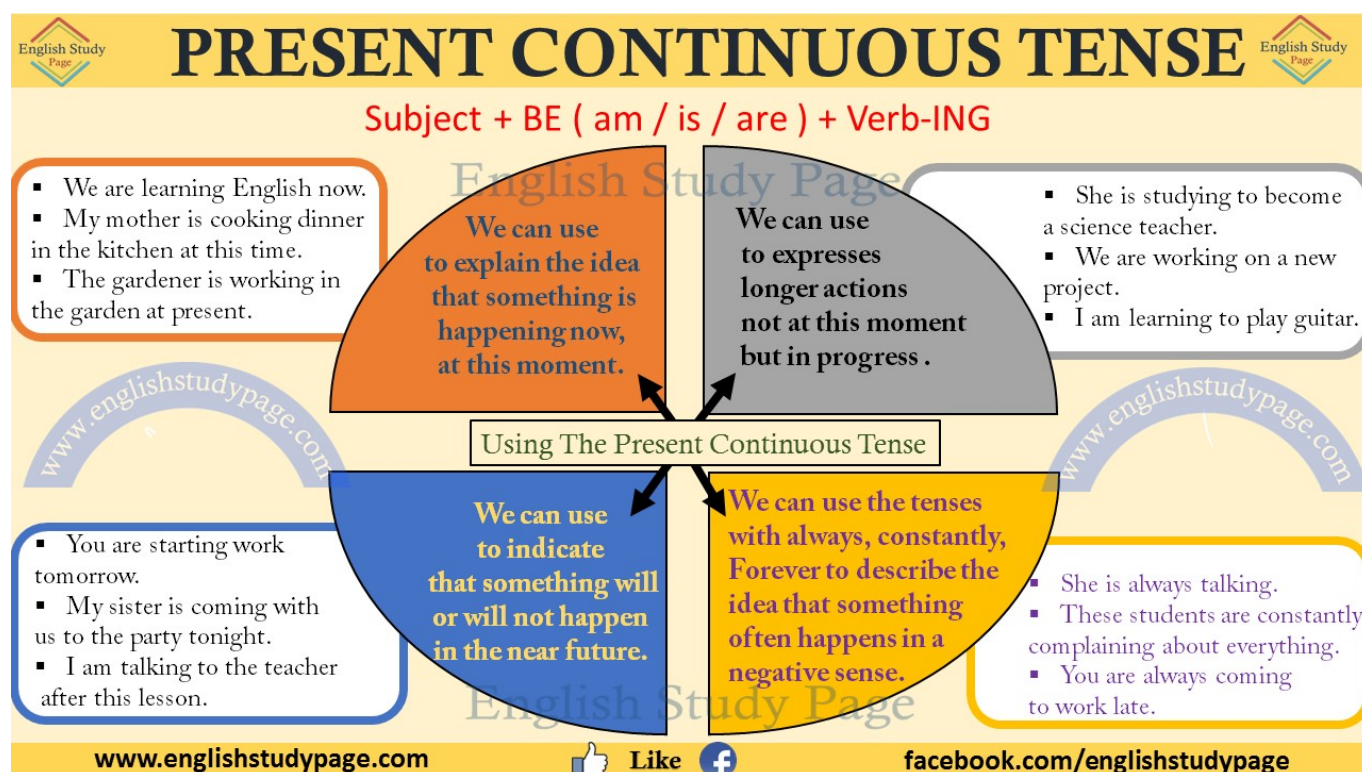
4) personal traits or habits, usually with a negative meaning

- *He **is** always **shouting** at me.*
- *You're always **losing** your keys!*

5) changes or trends taking place in present

- The population of the world **is increasing** very fast.

Let's summarize the usages of Present Continuous:



via <https://englishstudypage.com/grammar/present-continuous-tense/>

Expressions of time

In Present Continuous, to show an ongoing action, we usually use the words like:

- now, at the moment, right/just now
- this afternoon/week/month, etc.
- today, tomorrow
- at present, these days, nowadays
- constantly, always

- *We're learning English now.*
- *She's eating a lot of fish this week.*
- *You're starting work tomorrow.*
- *She's always coming to work late.*

Note: We don't normally use [state verbs](#) in Present Continuous:

Like Love Hate Want Know

- *I don't like westerns. (NOT: ~~I'm not liking westerns.~~)*

- *He knows Amsterdam well. (NOT: ~~He's knowing Amsterdam well.~~)*

Here's a good video from AMES836 explaining how to use Present Continuous correctly:

Read more:

[Present Continuous: Negative & Questions](#)

[Present Continuous with Future Meaning](#)

[Present Simple or Present Continuous?](#)