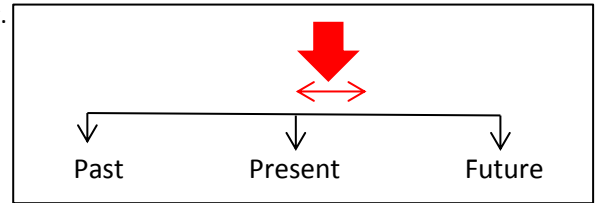


- 1 We use it for things that are happening at the moment of speaking.
I'm working at the moment.
Please call back as we are eating dinner now.
José is sleeping.
You are studying the present continuous.



- 2 We use this tense for temporary situations, when we think something won't continue for a long time.
She's staying with her friend for a week.
I'm staying in rent accommodation for a few months.
John's working in a bar until he finds a job in his field.
I'm reading a really great book.

Compare the difference with the present simple, which is used for permanent situations that we feel will continue for a long time.

- 3 We use it for habits but they have to be temporary or new habits (for normal habits that continue for a long time, we use the present simple).
He's eating a lot these days.
She's swimming every morning (she didn't use to do this).
You're smoking too much.
They're working late every night.

- 4 We use it for annoying habits, when we want to show that something happens too often and we don't like it. In this case we usually use an adverb like 'always', 'forever' or 'constantly'.
You're always losing your keys!
She's constantly missing the train.
He's always sleeping in.
They're forever being late.

- 5 The next use is for definite future arrangements (with a future time word). In this case we have already made a plan and we are pretty sure that the event will happen in the future.
I'm meeting my girlfriend tomorrow.
We're going to Madrid at the weekend.
I'm leaving at two.
They're coming to the party at the weekend.

- 6: We use this tense to talk about a situation which is slowly changing.
I'm getting better at playing the piano.
The weather is improving.