



Continually

Repeated action that happens over a period of time, but with intervals or interruptions.

- I **continually** tell my son I love him.
- Our database is being **continually** updated.
- We are **continually** reassessing the situation.

Continuously

Without a pause or interruption.

- You can't work **continuously** for six hours without a break!
- He played **continuously** for minutes on end without appearing to take a breath.
- He spoke **continuously** for 20 minutes.

Constantly

Always or often:

- She has the TV on **constantly**.
- He's **constantly** changing his mind.
- We are **constantly** reminded of his success.

Constantly is frequently used to mean "**continually**".

Continually vs Continuously

- I studied **continuously** for four hours. (I didn't take any break)
- I studied **continually** for four hours. (I took some breaks)