

CON

TINUALLY
TINUOUSLY
STANTLY

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Are you looking for material
to prepare for your
Cambridge English Exam?



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.
- She spoke **continuously** for 20 minutes.

BLAH
BLAH BLAH



Constantly

Always or often:

- He 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)