

PRESENT HABITS

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the common way of talking about present habits is with the present simple.

- I often listen to music. / I go swimming once a week.

We use the present continuous with always, constantly, forever, continually for habits that are irritating or annoying. When we speak, we stress always, constantly, forever, continually to emphasise this.

- My brother and sister are **always** fighting. / You're **forever** losing your keys!
- He is **continually** saying the same things.

We also use the present continuous with always, constantly, forever, continually for habits that are in some way unusual.

- She has a very difficult life, but she's **always** smiling.

We use the present simple + keep + -ing for habits that are irritating or annoying.

- She keeps texting me. / I keep making the same mistake over and over.

We can use will for repeated or habitual behaviour. We put stress on will when we are annoyed or irritated.

- They'll sit there for hours. / He will interrupt me when I'm speaking.
- A: What's the matter? B: It's my brother. He will play his music really loud.

we use the verb tend to to describe typical states.

- She tends to shout a lot. / My parents tended to be very laid-back.

the adverb **usually** refers to what typically or normally happens.

- He usually gets home about six o'clock. / I usually just have a sandwich for lunch.

be inclined to (C2) : likely or wanting to do something:

- Tom is inclined to be lazy. / No one seemed inclined to help.

be prone to (C2) : be likely to show a particular characteristic, usually a negative one, or to be affected by something bad, such as damage or an illness :

- I've always been prone to headaches. / She's prone to exaggerate, that's for sure.

have a tendency to do something : if somebody/something has a particular tendency, they are likely to behave or act in a particular way.

- I have a tendency to talk too much when I'm nervous.
- This material has a tendency to shrink when washed.