



## Adverbs of Frequency

Adverbs of frequency describe how often an action occurs. They help to provide clarity about the regularity of events and activities.

### Common Adverbs of Frequency

Here are some commonly used adverbs of frequency.

- **Always (100% of the time)**

Describes an action that occurs every single time.

Example: She always wakes up at 6 AM.

- Usage:

- Use "always" for habits, routines, and actions that are consistent without exception.

Example: He always wears a seatbelt.

- **Usually (80-90% of the time)**

Indicates an action that happens most of the time.

Example: He usually walks to work.

- Usage:

- Use "usually" for actions that occur more often than not, though there may be occasional exceptions.

Example: We usually have dinner at 7 PM.

- **Frequently / Often (60-70% of the time)**

Describes actions that happen quite regularly but not as consistently as "usually."

Examples:

Frequently: They frequently travel abroad.

Often: She often reads before bed.

- Usage:

- Use "frequently" or "often" for actions that happen many times, though not necessarily every time.



- Example in a sentence: He often goes to the gym after work.

- **Sometimes (40-50% of the time)**

Indicates an action that happens occasionally but not regularly.

Example: She sometimes forgets her keys.

- Usage:

- Use "sometimes" for actions that occur intermittently or without a regular pattern.
- Example in a sentence: I sometimes eat breakfast at a café.

- **Occasionally (20-30% of the time)**

Describes actions that happen from time to time, less frequently than "sometimes."

Example: He occasionally travels for work.

- Usage:

- Use "occasionally" for actions that happen infrequently.
- Example in a sentence: We occasionally visit the countryside.

- **Rarely (10-20% of the time)**

Indicates actions that seldom occur.

Example: They rarely eat fast food.

- Usage:

- Use "rarely" for actions that happen only a few times.
- Example in a sentence: She rarely watches TV.

- **Hardly ever / Seldom (5-10% of the time)**

Describes actions that almost never happen.

Examples:

- Hardly ever: She hardly ever goes to the cinema.
- Seldom: He seldom drinks coffee.



- Usage:
  - Use "hardly ever" or "seldom" for actions that occur very infrequently.
  - Example in a sentence: We seldom go out during the week.
- **Never (0% of the time)**

Describes an action that does not happen at all.

Example: He never smokes.
- Usage:
  - Use "never" for actions that have no occurrence.
  - Example in a sentence: She never misses her yoga class.

## Placement in Sentences

**Adverbs of frequency** can be placed in different parts of a sentence, depending on what they modify and the verb used.

1. Before the main verb (except "to be"):
  - He **always** eats breakfast.
  - They **often** go for a walk.
2. After the verb "to be":
  - She **is usually** very punctual.
  - They **are never** late for meetings.
3. Between an auxiliary verb and the main verb:
  - She **has never** been to France.
  - They **can always** rely on him.
4. At the beginning or end of a sentence (less common):
  - **Occasionally**, I go jogging in the morning.
  - I go jogging in the morning **occasionally**.

## Examples and Usage

1. Always:
  - She **always** checks her email in the morning.
2. Usually:
  - He **usually** walks to work.
3. Frequently / Often:
  - They **frequently** travel for business.



- She **often** visits her grandparents.
- 4. Sometimes:
  - We **sometimes** go to the movies.
- 5. Occasionally:
  - He **occasionally** goes hiking on weekends.
- 6. Rarely / Seldom:
  - She **rarely** eats fast food.
  - They **seldom** go out during the week.
- 7. Hardly ever:
  - I **hardly ever** watch television.
- 8. Never:
  - He **never** smokes.

## Special Notes

1. **Intensity and Precision:** Adverbs of frequency give different intensities and precisions to the frequency of actions.
  - "Always" indicates the action happens every time, while "never" indicates it happens no time at all.
2. **Negative Sentences:** In negative sentences, the placement of adverbs of frequency can vary slightly.
  - Example: I do **not usually** go to bed late.
  - Example: She **does not often** eat out.
3. **Questions:** When asking questions, adverbs of frequency usually come after the subject.
  - Example: Do you **often** travel for work?
  - Example: Does she **always** arrive on time?



Here's a conversation between two friends, Alex and Jamie, that incorporates adverbs of frequency:

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Alex : Hi Jamie! How often do you go to the gym?

Jamie : Hey Alex! I usually go to the gym three times a week. How about you?

Alex : I hardly ever go to the gym. I prefer jogging in the park. Do you jog?

Jamie : I sometimes jog on weekends, but not regularly. I mostly stick to my gym routine. Do you work out at home?

Alex : Yes, I often do yoga at home. It's relaxing and helps me stay flexible. Do you ever try yoga?

Jamie : I rarely do yoga, but I've been thinking about starting. Any tips for a beginner?

Alex : Start with the basics and practice daily. Even if you only have a few minutes, it's better than nothing. How often do you take rest days?

Jamie : I never skip my rest days. I take one or two rest days every week to let my muscles recover. What about you?

Alex : I occasionally take a day off, but I try to stay active every day. It's all about finding a balance. Do you ever take fitness classes?

Jamie : I sometimes join a spinning class at the gym, but I don't go every week. How about you?

Alex : I rarely join fitness classes. I prefer working out on my own schedule. Do you eat healthy all the time?

Jamie : I always try to eat healthy, but I do indulge in sweets occasionally. How about you?

Alex : I usually eat healthy, but I never say no to a good dessert! Life's too short not to enjoy some treats.

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This conversation uses various adverbs of frequency such as "usually," "hardly ever," "sometimes," "often," "rarely," "daily," "never," and "occasionally."