



# Adverbs of Frequency

## AFFIRMATIVE STATEMENTS WITH BE

| SUBJECT | BE  | ADVERB                   |       |
|---------|-----|--------------------------|-------|
| I       | am  | <b>always<br/>seldom</b> | late. |
| She     | is  |                          |       |
| We      | are |                          |       |

## AFFIRMATIVE STATEMENTS WITH OTHER VERBS

| SUBJECT | ADVERB                   | VERB  |       |
|---------|--------------------------|-------|-------|
| I       | <b>always<br/>seldom</b> | walk  | home. |
| She     |                          | walks |       |
| We      |                          | walk  |       |

## NEGATIVE STATEMENTS WITH BE

| SUBJECT | ADVERB                       | BE + NOT |       |
|---------|------------------------------|----------|-------|
| I       | <b>generally<br/>usually</b> | am not   | late. |
| She     |                              | isn't    |       |
| We      |                              | aren't   |       |

## NEGATIVE STATEMENTS WITH OTHER VERBS

| SUBJECT | ADVERB                       | DO/DOES + NOT | VERB |       |
|---------|------------------------------|---------------|------|-------|
| I       | <b>generally<br/>usually</b> | don't         | walk | home. |
| She     |                              | doesn't       |      |       |
| We      |                              | don't         |      |       |

## YES/NO QUESTION WITH BE

| BE | SUBJECT | ADVERB        |        |
|----|---------|---------------|--------|
| Is | he      | <b>always</b> | happy? |

## ANSWERS

Yes.  
Yes, he is.  
Yes, he **generally** is.

## YES/NO QUESTION WITH OTHER VERBS

| DO/DOES | SUBJECT | ADVERB         | BASE FORM OF VERB |
|---------|---------|----------------|-------------------|
| Do      | you     | <b>usually</b> | exercise?         |

## ANSWERS

No.  
No, I don't.  
No, I **never** do.

## Adverbs of Frequency

- Use adverbs of frequency to say how often something happens.
- Adverbs of frequency can be positive or negative.

### Positive Adverbs

always, almost always,  
frequently, usually,  
generally, often,  
sometimes, occasionally

### Negative Adverbs

rarely, seldom,  
hardly ever,  
almost never,  
never



Do not use negative adverbs of frequency in negative statements.

We **rarely** eat lunch.

✗ We don't rarely eat lunch. (INCORRECT)

## Placement of Adverbs of Frequency

- In affirmative statements, adverbs of frequency come after the verb *be*. They come before other verbs.
- In negative statements, most adverbs of frequency come before *be + not* or *do + not*.
- However, *always* comes after *be + not* or *do + not*.

She isn't **always** late.     She doesn't **always** eat lunch.

- In *Yes/No* questions and short answers, adverbs of frequency come after the subject.

## Other Positions of Adverbs of Frequency

- *Frequently, usually, generally, sometimes, and occasionally* can also come at the beginning or end of a sentence.

**Sometimes** I'm late.     I don't eat lunch **usually**.