

Present and Past Habits, Repeated Actions and States

Upper Intermediate Class

The Warehouse Madrid

Present Simple

To talk about present habits, repeated actions and states

I eat chocolate chip cookies every morning for breakfast. I know what I like to eat and I typically eat whatever I like.

Present Continuous

With always to talk about present habits and repeated actions that annoy us or happen more than usual

I'm always yelling at my son telling him to eat vegetables instead of potato chips.

Will + infinitive

To talk about repeated and typical behavior in the present

After work I'll usually go home and have a beer and potato chips.

Past Simple and used to + infinitive

To talk about past habits, repeated actions and states.

When I was little I ate a lot of fast food. I used to go to McDonalds every day after school.

Would + infinitive

To talk about past habits and repeated actions

When I was younger I'd ride my bike after school with my sister. We'd go to gymnastics in the evenings too.

Negative sentences with used to

I didn't use to like vegetables but now I do.

Questions with used to

Where did you use to go to school?

Negative sentences with used to

My brother never used to like going to the movies, but now that he's dating his new girlfriend he goes all the time

George and Kath

Before we got married, Kath and I **lived/used to live** in Boston.

Then in 1996 we **moved** to New York, where we **had/used to have** a small apartment.

Back then more often than not we **would stay/used to stay/stayed** at home in the evening because we **didn't have/didn't use to have** much money.

Ted says that **I'm always going on/I always go on** about how poor we **were/ used to be** back then, but it's true.

For example, every so often **we'd buy/ we bought/ we used to buy** Ted a burger as a treat, but Kath and I **would never eat out/ never ate out/ never used to eat out**.

George and Kath

But now that we **have** more money **we go out/we'll go out** to restaurants quite a lot.

In fact, most weeks **we'll eat out/we eat out** at least twice.

Most of the time **we go/we'll go** to local restaurants, but once in a while **we'll drive/we drive** up to Boston and go to one of our favorite restaurants there.

I really love Boston and every now and again I **think** about moving back there, but Kath always **tells me/is always telling me** that's unrealistic.

Frequency

Lower frequency

- Rarely
- Occasionally
- Seldom
- Every so often
- Once in a while
- Every now and again

Higher frequency

- Frequently
- More often than not
- Most weeks
- Most of the time

Changes Then and Now

1. When I was 21, I used to sleep more. I'd sleep 10 hours a day. Now, I'm lucky if I get 8 hours of sleep a night.
2. I used to do a lot of sport when I was in college. Now, I do yoga once a week, that's it.
3. I'd study a lot more when I was 21 than I do now. Now, I work much more, but I try to study on the metro when I go to work in the morning.

Changes Then and Now

4. When I was younger, I'd watch more MTV. Now, I watch shows like "Salvados" and "The Daily Show" which are perhaps for an older crowd.
5. I lived in Indiana when I was 21. Now, I live in Puerta del Angel, also known as Bruclin, Madrid.