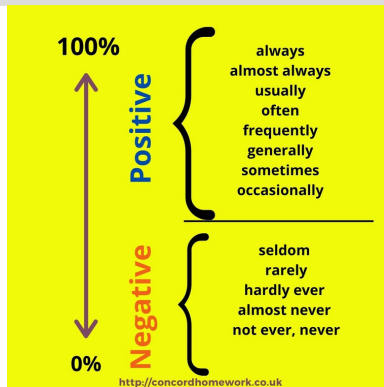


# FREQUENCY ADVERBS EXPLANATION CHART



Frequency adverbs usually occur in the middle of a sentence and have special positions, as shown in examples (a) through (e) below.

The adverbs with the symbol “t” may also occur at the beginning or end of a sentence.

I **sometimes** get up at 6:30.

**Sometimes** I get up at 6:30.

I get up at **6:30 sometimes**.

SUBJECT + FREQ ADV + VERB

(a) **Natali always tells** the truth.

Frequency adverbs usually come between the subject and the simple present verb (except main verb be).

SUBJECT + BE + FREQ ADV

(b) **Natali is always** on time.

Frequency adverbs follow be in the simple present (am, is, are) and simple past (was, were).

(c) Do **you always** drink water?

In a question, frequency adverbs come directly after the subject.

(d) Kate **usually doesn't drink** water.

(e) Chang **doesn't always** drink water.

In a negative sentence, most frequency adverbs come in front of a negative verb (except always and ever).

**Always** follows a negative helping verb or negative be.

(f) CORRECT: Kate **never eats** bread.

(g) INCORRECT: Kate doesn't never eat meat.

Negative adverbs (seldom, rarely, hardly ever, never) are NOT used with a negative verb.

(h) — Do you **ever** ride a bike to work? — Yes, I do.  
I often ride the bike.

(i) I **don't ever** ride the bike to work.

(j) INCORRECT: I ever ride the bike to work.

**Ever** is used in questions about frequency, as in (h). It means “at any time.”

**Ever** is also used with **not**, as in (i).

**Ever** is NOT used in statements.