



# Adverbs of Frequency

We use **adverbs of frequency** to express *how often* an action happens in the **Present Simple** tense (and they can also be used in Past & Future Simple forms).

## ADVERBS

These are the most common adverbs of frequency:

always  
often  
usually  
sometimes  
rarely  
never

Single word adverbs generally go **before** the verb (and after the auxiliary in the negative form):

*I **always** wake up early.*  
*He **rarely** goes to work by car.*  
*They **never** arrive late.*  
*We don't **usually** travel by train.*

**BUT** with the verb 'to be' the adverb comes **after** the verb:

*She is **never** on time.*  
*He is **often** out at meetings.*  
*We are **always** with our family at Christmas.*  
*You aren't **usually** at work this late.*

Note the **Question forms**:

***How often** do you go to the gym?*  
***How often** are you able to visit your family?*  
*Is he **always** this noisy?*  
*Does she **usually** go to bed so early?*

**Exceptions to the rules:**

*Sometimes, generally, often, frequently and normally* can be moved around in a sentence:

***Sometimes** they arrive early*  
*They **sometimes** arrive early.*  
*They arrive early **sometimes**.*

## ADVERBIAL PHRASES

every day  
all the time  
most of the time  
from time to time  
once a day  
twice a week  
three times a month  
four times a year

Adverbial phrases (with more than one word) go at the end of the sentence:

*We all meet at the café **twice a month**.*  
*They only visit us **once a year**.*  
*You talk to your friends **all the time**.*

**Exceptions to the rules:**

*Every day, most of the time, once in a while and from time to time* can go either at the beginning or the end of a sentence

***Every day** she practices the piano.*  
*She practices the piano **every day***  
***Most of the time** he gets it right.*  
*He gets it right **most of the time***

**Also** these definite adverbs always go at the end of a sentence:

**daily** = once a day  
**weekly** = once a week  
**monthly** = once a month  
**yearly or annually** = once a year

*You must take these pills **daily**.*  
*The meeting takes place **annually**.*