



B1 - State verbs VS. Action verbs

Learn to distinguish between - and - use state verbs and action verbs.

State verbs VS. action verbs ...

State verbs describe situations, feelings, or thoughts that are usually not actions. They do not normally appear in the continuous tense.

Action verbs describe things that happen or are done, and they can be used in both the simple and continuous tenses.



State verbs ...

State verbs describe situations that are not actions. These verbs express things like feelings, thoughts, beliefs, possession, or senses. State verbs do not change or show movement - they describe things that are static or constant.



State verbs examples

Beliefs / opinions: “believe”, “think” (about something), “understand”
>>> “I believe in this idea.”

Senses: “see”, “hear”, “smell”, “taste” (when we are talking about our senses in a general way).
>>> “I see you!”

Possession: “have”, “own”, “belong”
>>> “She has a new book.”

Emotions / feelings: “like”, “love”, “hate”, “prefer”
>>> “I like chocolate.”



State verbs expressing feelings / emotions

- “I **like** playing tennis.”
- “She **loves** her new job.”
- “I **hate** waiting in long lines.”
- “They **prefer** pizza over pasta.”
- “I **feel** happy today.”
- “He **dislikes** working late.”
- “Do you **mind** helping me?”
- “I **care** about my friends.”
- “She **wishes** she could travel.”
- “I **understand** how you feel.”
- “I **appreciate** your help.”
- “He **believes** in love at first sight.”
- “They **agree** with my opinion.”
- “I **realised** I forgot my keys.”
- “She **regrets** not going to the party.”
- “I **trust** my family.”
- “I **doubt** his intentions.”

Create sentences with these state verbs

“Like”, “love”, “hate”, “prefer”, “hate”, “dislike”, “mind”, “care”, “wish”,
“understand”, “appreciate”, “believe”, “agree”, “disagree”, “realise”,
“regret”, “trust”, “doubt”



“Like”, “love”, “dislike”, “hate”, “enjoy”



Action verbs ...

... describe activities or actions that can be seen, done, or completed. These verbs show movement, change, or something that happens over time. Action verbs can be used in both the simple tense and the continuous (progressive) tense aspects.



Examples of action verbs ...

1. **Physical actions: “run”, “eat”, “write”, “play”:**
“I run every morning.” *[present simple tense aspect]*
2. **Mental actions: “think” (when thinking is an active process), “decide”, “learn”:**
“She is thinking about her future.” *[present continuous tense aspect]*
3. **Processes / changes: “grow”, “become”, “change”:**
“The tree is growing fast.” *[present continuous tense aspect]*

When to use them ...

Action verbs can be used in both the simple and continuous tenses because they describe activities that are happening or can be in progress.

{CORRECT}: “I am writing a letter.” *[present continuous tense aspect]*

{CORRECT}: “I write a letter every day.” *[present simple tense aspect]*

Understanding the context

Read the sentences below. Decide whether the action happens regularly (present simple) or right now/temporarily (present continuous).

1. She _____ (like) to play tennis every weekend.
2. I _____ (study) for my English exam at the moment.
3. They _____ (live) in New York, but they are visiting us this week.
4. We _____ (work) on a new project this month.
5. He _____ (speak) three languages.
6. I _____ (have) dinner with my family right now.
7. My sister _____ (enjoy) reading novels in her free time.
8. They _____ (watch) a movie at the cinema right now.

Just be careful!

A present continuous verb looks exactly the same as a gerund!

Present continuous verbs are used to talk about actions happening at the moment of speaking or actions that are temporary and happening around the current time:

“I am **reading** a fantastic book.” [*“reading” = present continuous verb*]

A gerund is the ‘-ing’ form of a verb that functions like a noun. We use gerunds to talk about activities or things in a general way. They are often used after certain verbs, prepositions, or as the subject of a sentence:

“I enjoy **reading** fantastic books.” [*“reading” = gerund / name for activity*]

Kelso's daily routine

Hi, I'm Kelso. I want to tell you about my daily routine and what I'm doing right now. Every morning, I wake up at 7 AM. I always start my day with a cup of coffee because I love drinking it in the morning. After that, I usually go for a run in the park. Running is something I enjoy a lot. It helps me feel energetic and ready for the day.

At work, I work as a graphic designer. I usually spend my mornings designing new projects. Right now, I am working on a new logo for a client. It's a fun project, and I am enjoying the creative process.

I have lunch around 12:30 PM. My favourite thing to do during lunch is chatting with my coworkers about our plans for the weekend. In the afternoon, I check my emails and attend meetings.

After work, I go to the gym. I work out for about an hour, and then I relax at home. At the moment, I am relaxing on my couch, watching a movie. It's a nice break after a busy day.

In the evening, I usually cook a healthy dinner. I like cooking because it helps me unwind. After dinner, I read a book or listen to music before going to bed around 10:30 PM.



Answer the questions

Hi, I'm Kelso. I want to tell you about my daily routine and what I'm doing right now. Every morning, I **wake** up at 7 AM. I always **start** my day with a cup of coffee because I **love** drinking it in the morning. After that, I usually **go** for a run in the park. Running is something I **enjoy** a lot. It helps me **feel** energetic and ready for the day.

At work, I **work** as a graphic designer. I usually **spend** my mornings designing new projects. Right now, I **am working** on a new logo for a client. It's a fun project, and I **am enjoying** the creative process.



I **have** lunch around 12:30 PM. My favourite thing to do during lunch is **chatting** with my coworkers about our plans for the weekend. In the afternoon, I **check** my emails and **attend** meetings.

After work, I **go** to the gym. I **work out** for about an hour, and then I **relax** at home. At the moment, I **am relaxing** on my couch, **watching** a movie. It's a nice break after a busy day.

In the evening, I usually **cook** a healthy dinner. I **like** cooking because it helps me unwind. After dinner, I **read** a book or **listen** to music before going to bed around 10:30 PM.

Questions about Kelso's daily routine

1. What time does Kelso wake up every morning?
2. What does Kelso do after waking up?
3. What is Kelso working on right now?
4. What does Kelso usually do during lunch at work?
5. What does Kelso do after work?
6. What is Kelso doing at the moment?
7. What does Kelso like to do in the evening before bed?
8. What does Kelso enjoy doing in the mornings?
9. Does Kelso prefer to relax or work after work? Why?
10. What does Kelso usually cook for dinner?



Vocabulary list [1 of 3]

“Like” = To enjoy or have a positive feeling about something or someone.

“Love” = To have a very strong positive feeling toward someone or something.

“Hate” = To strongly dislike something or someone.

“Prefer” = To like one thing or person more than another.

“Feel” = To experience an emotion or a physical sensation.

“Dislike” = To not like something or someone.

“Mind” = To feel bothered or upset about something.

Vocabulary list [2 of 3]

“Care” = To be concerned or interested in someone or something.

“Wish” = To desire something that is not currently happening or possible.

“Understand” = To grasp the meaning or reason for something, or to empathize with someone’s feelings.

“Appreciate” = To recognise and be grateful for something.

“Believe” = To think that something is true or to have faith in something or someone.

“Agree” = To have the same opinion or to accept something.

Vocabulary list [3 of 3]

“Realise” = To become aware of something or to understand something clearly.

“Regret” = To feel sorry about something you did or did not do in the past.

“Trust” = To believe in someone’s reliability, honesty, or ability.

“Doubt” = To feel uncertain or skeptical about something or someone.



Thank you for your support.

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