

-ing forms

Use of -ing forms	Examples
The -ing form is used in the progressive tenses (present progressive, past progressive, etc.).	Mary is playing the guitar. The plane was flying at a height of 10,000 metres.
The -ing form can be used as an adjective.	the winning party • a growing child
The -ing form is used after prepositions (in, about, at, etc.).	You're very good at speaking English. I'm very excited about going to America
The -ing form is often used after these verbs: like, hate, enjoy, love, mind, prefer.	I don't mind watching TV but I prefer reading and I also enjoy playing computer games.
The -ing form can be used as a noun.	Laughing is good for you. Studying is very important.
Some verbs have the construction 'verb + preposition + -ing form'.	to be afraid of • to look forward to • to feel like • to talk about • to insist on • to decide against • to think about/of • to succeed in • to apologize for. I'm afraid of flying./We are looking forward to meeting you.
The -ing form can be used to shorten clauses, often after a conjunction, e.g. after, while, before, when.	I was riding my bike to work when ... → While riding my bike to work ... I saw a woman who was wearing a silly hat. → I saw a woman wearing a silly hat. After we had been to the cinema we went home. → After going to the cinema we went home. Before you answer the questions, reread the text. → Before answering the questions reread the text. Although I felt tired, I couldn't sleep. → Although feeling tired I couldn't sleep.
When the following expressions (<u>underlined</u>) are followed by a verb, use the -ing form.	<u>There's no point in</u> waiting any longer. <u>It's not worth</u> going to see the new James Bond film. <u>A waste of money/time:</u> <u>It's a waste of time</u> talking to you. <u>to spend/waste time/money:</u> <u>He spent all his money</u> playing fruit machines.