Describing Changes

We can describe changes in our lives using different grammar forms.

1. Present Simple (now)

We use the present simple to talk about how things are now.

Examples:

- I'm not in school anymore.
- I wear contacts now.

2. Past Simple (finished change)

We use the past simple to talk about a completed change in the past.

Examples:

- I majored in business administration.
- I got engaged.

3. Present Perfect (experience or recent change)

Form: have / has + past participle

Examples:

- I've just started a new job.
- I've bought a new apartment.

4. Comparatives

we use comparatives to show how something is different than before.

Examples:

- My hair is longer now.
- I'm more confident than before.

Example:

*In the past, she **was** heavier and she **didn't feel** very confident. She **didn't exercise** very often and she **used to eat** unhealthy food. Now, she **looks** healthier and happier. She **has changed** her lifestyle and her habits: she **eats** better and **exercises** regularly. She **goes** for walks every day and **drinks** more water. She **is** more confident than before and she **feels** better now.*



LIVEWORKSHEETS

Exercise 1: Choose the correct option

1. I _____ glasses now. (wear / wore / have worn)
2. I _____ a new job last year. (start / started / have started)
3. I _____ more confident than before. (am / was / have been)
4. I _____ my hairstyle recently. (change / changed / have changed)

Exercise 2: Complete the sentences

1. I _____ (join) a gym recently.
2. I _____ (not / be) in high school anymore.
3. I _____ (get) a pet two years ago.
4. My life is _____ (easy) than before.

Exercise 3: Check (✓) what is true for you

- I dress differently now.
- I've changed my hairstyle.
- I've made new friends.
- I got a pet.
- I've joined a gym.

Exercise 4: Write sentences about how you have changed in the last five years.

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LIVEWORKSHEETS