

GRAMMAR PATTERN WITH 'FIND'

It is + adj + for me + to...

It is hard for me to study at night.

find + it + adj + to...

I find it hard to study at night.

find + verb-ing + adj

I find studying at night hard.

1. The rule: how the find structure works

A. Meaning

The verb find is used to express a personal opinion based on experience.

- *I find this book interesting* = This is my experience/opinion after trying it.

It is very common when rephrasing sentences that start with ***It is + adjective + for me + to...***

B. Two main patterns with find

Pattern 1: find + it + adjective + to-infinitive

- It is hard for me to wake up early.

→ I find **it hard** to wake up early.

Pattern 2: find + verb-ing / noun phrase + adjective

- It is interesting for me to read books in English.

→ I find **reading** books in English **interesting**.

C. When both are possible

Very often, both patterns are correct, with little or no change in meaning:

- I find **it relaxing** to take a long bath.
- I find **taking** a long bath **relaxing**.

Practice task #1

Instructions

Rewrite each sentence using find somebody / something (to be) + adjective. You may omit to be if it sounds natural. Study the model below in order to understand how to complete this task.

MODEL:

Original sentence: **It is exciting for me to cook with friends.**

- Your answer #1 using **Ving.** → **I find cooking with friends exciting.**
- Your answer #2 using **it.** → **I find it exciting to cook with friends.**

Original sentence 1:	It is difficult for me to exercise regularly.
Your answer #1 using Ving. →	
Your answer #2 using it. →	

Original sentence 2:	It is tiring for me to commute during rush hour.
Your answer #1 using Ving. →	
Your answer #2 using it. →	

Original sentence 3:	It is useful for me to review my notes before exams.
Your answer #1 using Ving. →	
Your answer #2 using it. →	

Original sentence 4:	It is satisfying for my mom to grow vegetables in her garden.
Your answer #1 using Ving. →	
Your answer #2 using it. →	

Original sentence 5:	It is annoying for me to wait in long queues.
Your answer #1 using Ving. →	
Your answer #2 using it. →	

Original sentence 6:	It is relaxing for me to take a long bath.
Your answer #1 using Ving. →	
Your answer #2 using it. →	

Original sentence 7:	It is convenient for me to order groceries online.
Your answer #1 using Ving. →	
Your answer #2 using it. →	

1. The structure: find somebody / something to be + adjective

Basic form

find + object + (to be) + adjective

Examples:

- I find **him (to be) honest**.
- She finds **the movie (to be) boring**.

◆ **"to be" is often omitted**, especially in modern, informal English.

2. Meaning and use

This structure is used to express a **judgment, opinion, or assessment** about:

- a **person**
- a **thing**
- sometimes an **idea or situation**

It often sounds:

- **more formal**
- **more evaluative**
- **slightly less activity-focused** than verb-ing structures

3. When this structure is natural

A. With people

Very common and natural:

- I find **her very reliable**.
- We find **the teacher demanding**.
- They found **him rude**.

B. With things / abstract nouns

Also common:

- I find **this book** interesting.
- She finds **the job** stressful.
- He found **the explanation** confusing.

C. With to be included or omitted

Both are correct:

- I find the plan **effective**.
- I find the plan **to be effective** (more formal / careful)

! Never use "that" here:

- ❌ I find that him honest
- ✅ I find him honest

4. When it sounds unnatural or wrong

❌ With long actions (verbs)

Avoid using it with full actions:

- ❌ I find **to wake up early** difficult.
- ❌ I find **waking up early to be** difficult. (possible but heavy)

Better:

- ✅ I find **waking up early** difficult.
- ✅ I find it difficult to wake up early.

Practice task #2

Instructions

Finish each sentence using **find somebody / something (to be) + adjective**. You may omit to be if it sounds natural.

MODEL:

Original sentence: **She thought** the instructions were unclear.

Your answer → **She found the instructions unclear.**

Original sentence: **We think the hotel staff are very helpful.**

Your answer → **We find the hotel staff very helpful.**

1. In my opinion, the manager is very friendly.

→ _____ .

2. I thought the sofa was uncomfortable.

→ _____ .

3. The students considered the exam difficult.

→ _____ .

4. Many people think the new policy is unnecessary.

→ _____ .

5. She believes her colleague is supportive.

→ _____ .

6. We think the instructions are unclear.

→ _____ .

7. He considers the movie too long.

→ _____ .

8. I think online meetings are exhausting.

→ _____ .

9. They believe the restaurant is overpriced.

→ _____ .

10. Most users think the app is easy to use.

→ _____ .