

GRAMMAR

Present tenses (review)

1 Match sentences 1–5 with the tenses a–d and then complete the rule with the names of the tenses.

- 1 I'm still **sitting** here writing this article.
 - 2 I've also **been trying** to get fitter for four weeks now.
 - 3 I've **started** going to the gym.
 - 4 I'm **not feeling** any fitter, just a little unhappier.
 - 5 The brain **sees** the 'future you' as a different person to your 'present you'.
- a present perfect continuous
 - b present simple
 - c present continuous (x2)
 - d present perfect

RULE:

- 1 We use the _____ to talk about facts and give opinions.
- 2 We use the _____ to talk about what's happening at or around the time of speaking.
- 3 We use the _____ to talk about past actions without saying when they happened.
- 4 We use the _____ to talk about actions that started in the past and are still happening.