

Adverbs of Frequency (Uses and Examples)

Adverbs of Frequency indicate how often something happens or how frequently an action occurs. Here are examples of adverbs of frequency and their uses that you can practice to improve your English:

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Adverbs of Frequency	Usage	Examples
1. Always - 100%	always - used to indicate that something happens every time, without exception	I always brush my teeth before bed.
2. Constantly - 95%	constantly - used to indicate that something happens continuously, without stopping.	The noise from the construction site is constantly annoying.
3. Regularly - 90%	regularly - used to indicate that something happens according to a schedule or routine	I regularly go for a walk in the park.
4. Usually - 85 %	usually - used to indicate that something happens as a general rule or habit	I usually eat breakfast at 7 AM.
5. Consistently - 80%	consistently - used to indicate that something happens in a reliable or predictable manner	She consistently performs well in her studies.
6. Often - 75%	often - used to indicate that something happens frequently, but not necessarily every time	I often go to the gym in the morning.
7. Frequently - 70%	frequently - used to indicate that something happens often, more often than usual	I frequently check my email for new messages.
8. Sometimes - 60%	sometimes - used to indicate that something happens occasionally or infrequently	Sometimes I forget my door keys at home.
9. Occasionally - 50%	occasionally - used to indicate that something happens from time to time, but not regularly	I occasionally treat myself to ice cream.
10. Intermittently - 40%	intermittently - used to indicate that something happens at irregular intervals or in a sporadic manner	The rain was falling intermittently throughout the day.
11. Seldom - 30%	used to describe something that occurs rarely or infrequently	I seldom go to the gym, as I prefer to exercise outdoors.
9. Rarely - 20%	rarely - used to indicate that something happens very infrequently, almost never	I rarely eat fast food.
10. Hardly ever - 10%	hardly ever - used to indicate that something happens very rarely, almost never	I hardly ever watch TV.
11. Never - 0%	never - used to indicate that something does not happen at all	I never drink coffee after 3 AM.

Using adverbs of frequency correctly is important in conveying the right message and meaning in your writing and communication. Practice using these adverbs in your daily conversations to improve your English fluency and become a more effective writer. englishsyllabus.com