

# 64 Verb + *-ing* form



What  
do you  
do to  
relax?



## 1 Verb (+ adverb/preposition) + *-ing* form

When we use two verbs together, the second verb is often in the *-ing* form. After verbs with adverbs/prepositions (e.g. *give up*, *think of*), the second verb is always in the *-ing* form.

More on verb + preposition ➤ Units 89, 90 and 91

	COMMON VERBS	EXAMPLES
likes and dislikes	<i>dislike can't stand enjoy hate* like* love* (not) mind prefer*</i>	<i>I enjoy not doing anything sometimes. Simon doesn't mind working late today.</i>
ideas and opinions	<i>admit consider imagine look forward to recommend suggest think of</i>	<i>Do you admit stealing that watch? I'd recommend staying near the beach. He suggested paying by credit card.</i>
actions that start, stop or continue	<i>begin* continue* delay give up start* stop* finish keep (on) practise put off spend (time)</i>	<i>Has he given up smoking? I spent two hours preparing this meal. Lena practises singing every day.</i>
others	<i>avoid can't help deny involve mention miss risk</i>	<i>You can't risk losing your job over a silly argument.</i>

\* These verbs can also be followed by an infinitive, sometimes with a difference in meaning (➤ Unit 67).

⚠ In the verb *look forward to*, *to* is a preposition, so we use an *-ing* form:  
~~X I'm looking forward to see you again.~~ ✓ *I'm looking forward to seeing you again.*

The *-ing* form sometimes needs to be

- negative: *I hate not getting to a station or airport on time.*
- perfect (for an earlier action): *Joe admitted having sent the wrong email.* (= that he had sent)
- passive: *Don't ring after 10.30 – I hate being woken up by the phone!*

## 2 The *-ing* form as subject, and as object

The *-ing* form can be

- the subject of a sentence: *Swimming is a good all-round exercise.*  
*Living in the city is more exciting than living in the country.*
- the object: *My job involves listening to music.* (object of *involves*)  
*I hate being woken up by the phone!* (object of *hate*)

## 3 *go + -ing* form; *do the/some + -ing* form

We sometimes use *go + -ing* form to talk about doing sports and other activities:

*The boys often go fishing at the weekend. I go shopping – it's the best way to relax!*

⚠ We usually use *go + -ing* form where there is a verb for the activity: *I sail* → *I go sailing*.  
 Where the activity is a game, or does not have a verb form, we use *play* or *do*:  
 ✓ *I play football.* ✓ *I do karate.*

We use *do + the/some* with *-ing* forms to talk about work in the home:

*Have you done the ironing? We'd better do some cleaning this weekend.*

Spelling rules for *-ing* forms ➤ page 350 *do the shopping* or *go shopping?* ➤ Unit 92.1