After certain verbs we use the -ing form, and after other verbs we use the infinitive. Sometimes we can use either form and there is no change in meaning. Occasionally we can use either form and there is a change in meaning.

So what’s the rule for whether we use the -ing form or the infinitive?

**Sorry, there isn’t a rule. You have to learn which verbs go with which pattern.**

The verbs followed by -ing include enjoy, mind, stop and recommend.

- I told him you really enjoy cooking.
- Would you mind helping me?
- It didn’t stop raining all day yesterday.
- Daisy recommends trying Alfie’s tiramisu.

The negative is verb + not + -ing.

- Imagine not having pizza! I eat it all the time.

Verbs usually followed by -ing:

- stop
- finish
- imagine
- suggest
- recommend
- avoid
- mind
- miss
- risk
- enjoy

I thought you could say: “I recommend that you see that film”?

Yes, you’re right, you can. But we’re not looking at the more complex patterns with ‘that’ or an object today.

OK, what about the verbs followed by the infinitive?

These include decide, want, promise, plan and forget.

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Exactly. But there are some more verbs which can be followed by -ing or the infinitive, but the two options have different meanings, for example remember and stop.

*I never remember to lock the door, and my mum gets really angry! (remember + infinitive = remember something and then do it)*
I never remember locking the door, but when I go back and check I always have. (remember + -ing = remember something you did before)

She stopped smoking three years ago. (stop + -ing = to not do something any more)

It was hot, so we stopped to have a drink. (we stopped walking) (stop + infinitive = to not do something in order to do something else)

Let’s stop to have a rest now.

OK, later on you can try to remember all the patterns.

Watch the video here: http://bit.ly/15Jz7SO