Present Simple and Present Continuous

Form	Uses	Examples
Present Simple (+) base form of verb or base + s / es	a Habitual actions	Alfonso goes to the pub every weekend
(-) Do / does + not + base form of verb	b general truths	In London, cars usually stop at zebra crossings
(?) Do / Does + subject + base form of verb	c stative verbs (believe, know, seem, like)	Alfonso likes the music scene best
Present Continuous (+) am / is / are + verb+ing	a an action in progress at the time of speaking	We are having an English lesson now
(-) am /is / are + not + verb+ing	b an incomplete action still in progress, usually temporary	Janet is doing an exchange language programme this year
(?) Am / Is / Are + subject + verb+ing	c an action happening in the near future	We are going to a bar tonight