

# PRESENT CONTINUOUS. NEGATIVE FORM

To make the negative, we put **not** after **am**, **are** or **is**. Then comes the main verb with the suffix **-ing**.



## Short Forms

**I**  
am + not = 'm not

**you, we, they**  
are + not = aren't

**he, she, it**  
is + not = isn't

I'm not dancing.

He isn't dancing.

LONG FORM	SHORT FORM
I am not eating.	I'm not eating.
You are not sleeping.	You aren't sleeping.
He is not reading.	He isn't reading.
She is not keeping.	She isn't keeping.
It is not hiding.	It isn't hiding.
We are not driving.	We aren't driving.
You are not swimming.	You aren't swimming.
They are not winning.	They aren't winning.

## to sleep

I'm not sleeping  
you aren't sleeping  
he isn't sleeping  
she isn't sleeping  
it isn't sleeping

we aren't sleeping  
you aren't sleeping  
they aren't sleeping

## to dance

I'm not dancing  
you aren't dancing  
he isn't dancing  
she isn't dancing  
it isn't dancing

we aren't dancing  
you aren't dancing  
they aren't dancing

## to sit

I'm not sitting  
you aren't sitting  
he isn't sitting  
she isn't sitting  
it isn't sitting

we aren't sitting  
you aren't sitting  
they aren't sitting