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Some verbs are only (or mostly) used in simple tenses, and are not used in continuous tenses. An example of a simple tense is the present simple, or the past simple. An example of a continuous tense is the present continuous or past continuous. These verbs are called stative, or state verbs. A verb which isn't stative is called a dynamic verb, and is usually an action. Often stative verbs are about liking or disliking something, or about a mental state, not about an action.

Verb	Correct	Not Correct
agree	She didn't agree with us.	She wasn't agreeing with us.
appear	It appears to be raining.	It is appearing to be raining.
believe	I don't believe the news.	I am not believing the news.
belong	This book belonged to my	This book was belonging to my
	grandfather.	grandfather.
concern	This concerns you.	This is concerning you.
consist	Bread consists of flour, water	Bread is consisting of flour, water
	and yeast.	and yeast.
contain	This box contains a cake.	This box is containing a cake.
depend	It depends on the weather.	It's depending on the weather.
deserve	He deserves to pass the exam.	He is deserving to pass the exam.
disagree	I disagree with you.	I am disagreeing with you.
dislike	I have disliked mushrooms for	I have been disliking mushrooms
	years.	for years.
doubt	I doubt what you are saying.	I am doubting what you are
		saying.
feel (=have	I don't feel that this is a good	I am not feeling that this is a good
an opinion)	idea.	idea.
fit	This shirt fits me well.	This shirt is fitting me well.
hate	Julie's always hated dogs.	Julie's always been hating dogs.
hear	Do you hear music?	Are you hearing music?

imagine	I imagine you must be tired.	I am imagining you must be tired.
impress	He impressed me with his story.	He was impressing me with his
		story.
include	This cookbook includes a recipe	This cookbook is including a
	for bread.	recipe for bread.
involve	The job involves a lot of	The job is involving a lot of
	travelling.	travelling.
know	I've known Julie for ten years.	I've been knowing Julie for ten
		years.
like	I like reading detective stories.	I am liking reading detective
		stories.
love	I love chocolate.	I'm loving chocolate.*
matter	It doesn't matter.	It isn't mattering.
mean	'Enormous' means 'very big'.	'Enormous' is meaning 'very big'.
measure (=be	This window measures 150cm.	This window is measuring
long)		150cm.
mind	She doesn't mind the noise.	She isn't minding the noise.
need	At three o'clock yesterday I	At three o'clock yesterday I was
	needed a taxi.	needing a taxi.
owe	I owe you £20.	I am owing you £20.
own	She owns two cars.	She is owning two cars.
prefer	I prefer chocolate ice cream.	I am preferring chocolate ice
		cream.
promise	I promise to help you tomorrow.	I am promising to help you
		tomorrow
realise	I didn't realise the problem.	I wasn't realising the problem.
recognise	I didn't recognise my old friend.	I wasn't recognising my old
		friend.
remember	He didn't remember my name.	He wasn't remembering my name.
seem	The weather seems to be	The weather is seeming to be
	improving.	improving.
sound	Your idea sounds great.	Your idea is sounding great.
suppose	I suppose John will be late.	I'm supposing John will be late.

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surprise	The noise surprised me.	The noise was surprising me.
understand	I don't understand this question.	I'm not understanding this
		question.
want	I want to go to the cinema	I am wanting to go to the cinema
	tonight.	tonight.
weigh (=have	This cake weighs 450g.	This cake is weighing 450g.
weight)		
wish	I wish I had studied more.	I am wishing I had studied more.

Some verbs can be both stative and dynamic:

be	be is usually a stative verb, but when it is used in the continuous it	
	means 'behaving' or 'acting'	
	you are stupid = it's part of your personality	
	you are being stupid = only now, not usually	
have	have (stative) = own	
	I have a car	
	have (dynamic) = part of an expression	
	I'm having a party / a picnic / a bath / a good time / a break	
see	see (stative) = see with your eyes / understand	
	I see what you mean	
	I see her now, she's just coming along the road see (dynamic) = meet / have a relationship with	
	I've been seeing my boyfriend for three years	
	I'm seeing Robert tomorrow	
taste (also:	taste (stative) = has a certain taste	
smell, feel,	This soup tastes great	
look)	taste (dynamic) = the action of tasting	
	The chef is tasting the soup	
think	think (stative) = have an opinion	
	I think that coffee is great	
	think (dynamic) = consider, have in my head	
	what are you thinking about? I'm thinking about my next holiday	