We can use **-ing forms** not only as verbs, but also like adjectives, adverbs or nouns.

You are **talking** too much. (Here the -ing form talking is part of the present continuous verb.)

A **rolling** stone gathers no moss. (Here the -ing form rolling acts as an adjective describing the noun stone)

She walked out of the room **talking** on her phone. (Similar to an adverb)

**Smoking** is injurious to health. (Subject of the sentence)

When -ing forms are used as verbs, adjectives or adverbs, they are often called **present participles**.

When they are used more like nouns they are called **gerunds**.

The distinction between **gerunds** and **participles** is not very simple, and some grammarians prefer to avoid using the terms altogether. Instead, the expression -ing form is used.

The -ing forms have perfect, passive and negative forms

**Having worked** for twelve hours, I felt awful. (Perfect)

She loves **being looked** at. (Passive)

**Not knowing** what to do, I went home. (Negative)

**-ing forms used as modifiers**

- ing forms can be used as modifiers before nouns. Both participles and gerunds can be used to modify nouns. Examples are:

A waiting room (A room used for waiting)
A rolling stone
A sleeping pill
Working conditions

- ing forms can be combined with other words into clause-like structures.

She went **running out of the room**.
Who is the fat woman **sitting next to James**?
**Smoking cigarettes** is bad for health.