Frequency adverbs tell how often something happens. Examples are: **often, never, always, sometimes, generally, usually, seldom, rarely, hardly, ever, frequently** etc.

**Position of Frequency Adverbs**

Frequency adverbs can go in the following positions in a sentence:

**Before the principal verb**

Structure: subject + adverb + verb + object etc.

- He **never** eats vegetables.
- I **often** buy foreign periodicals.
- They **frequently** visit us.
- I **always** read commercial news.
- They **rarely** watch sports channels.
- I **sometimes** watch English films.

**After the verb be**

Subject + be + adverb + complement etc.

- He is **always** late for office.
- We are **never** invited to dinner parties.
- I am **always** worried about my finances.
- He is **sometimes** consulted by investors.
- You are **seldom** anxious about my health.

**Between the auxiliary and the principal verb**

When the verb consists of an auxiliary verb, the frequency adverb goes after it.

- He has **always** done justice to all.
- I have **often** thought of starting a business.
- I have **never** forgotten those unfortunate events.
- I have **sometimes** managed to hoodwink others.
- We could **hardly** ever appreciate his conduct.
- We shall **never** seek such favors.
- They will **always** regret having done this.
- They will **usually** take such big risks.

**Notes**
Some frequency adverbs (e.g. usually, normally, often, frequently, sometimes and occasionally) can also go in the beginning or end of a sentence.

He writes **often**.
We visit them **frequently**.
**Sometimes** I am late for office.

**Always, ever, never, seldom and rarely**

The adverbs **always, ever, never, seldom and rarely** need to be placed before the verb. These adverbs cannot be placed in the beginning or end of a sentence.

Adverbs usually go after the auxiliaries. But when the auxiliaries need to be stressed, they are sometimes put after the adverbs.

I sometimes am worried about my health.
We never should do such things.
You **always have** done justice to all.

**Used to and Have to**

**Used to** and **have to** are always placed after adverbs.

We sometimes **used to** stay up the whole night.
He **occasionally used to** write to me.
The fire brigade **always has to** be ready to face any emergency.