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.