

چهار زمان مهم در زمان حال انگلیسی

راهنمای سریع و کاربردی لیسنو

زمان را بر اساس معنا و موقعیت انتخاب کنید، نه با ترجمه مستقیم جمله به فارسی. هر زمان انگلیسی کاربرد خاص خود را دارد.

Present Simple

حال ساده

کاربرد: عادت‌ها • کارهای روزمره • حقایق • اعمال تکراری • برنامه‌های ثابت

Formula

I / You / We / They + V1

He / She / It + V-s / es

Negative: do / does not + V1

Question: Do / Does + subject + V1

کلمات راهنما:

always, usually, often, sometimes, never, every day

مثال‌ها:

I study English every day.

She works in a bank.

من هر روز انگلیسی می‌خوانم.

او در یک بانک کار می‌کند.

Present Continuous

حال استمراری

کاربرد: کارهای در حال انجام • موقعیت‌های موقت • اطراف زمان حال

Formula

Subject + am / is / are + V-ing

Negative: am / is / are not + V-ing

Question: Am / Is / Are + subject + V-ing

کلمات راهنما:

now, right now, at the moment, currently

مثال‌ها:

I am studying now.

They are staying here this week.

الان دارم مطالعه می‌کنم.

آنها این هفته اینجا می‌مانند.

Present Perfect

حال کامل

وقتی عملی در گذشته رخ داده اما با حال ارتباط دارد از حال کامل استفاده می‌کنیم.

کاربرد: تجربه • نتیجه در حال حاضر • عمل تمام‌شده در بازه زمانی ناتمام

Formula

Subject + have / has + V3 (past participle)

Negative: haven't / hasn't + V3

Question: Have / Has + subject + V3

کلمات راهنما:

already, just, yet, ever, never, recently, so far

مثال‌ها:

I have visited London.

She has lost her keys.

I have read three pages today.

من لندن را دیده‌ام. (تجربه)

او کلیدهایش را گم کرده. (نتیجه)

امروز سه صفحه خوانده‌ام. (بازه ناتمام)

Compare with Past Simple

I saw the movie yesterday. → finished + specific past time → Past Simple

I have seen the movie. → experience / link to present → Present Perfect

Present Perfect = ارتباط با حال | Past Simple = زمان مشخص گذشته

Present Perfect Continuous

حال کامل استمراری

برای تأکید روی مدت یا ادامه یک فعالیت از گذشته تا حال استفاده می‌شود. تمرکز اصلی روی خود فعالیت و طول آن است.

Formula

Subject + have / has been + V-ing

کلمات راهنما:

for, since, all day, all morning, lately, recently

مثال‌ها:

I have been learning English for six months.

She has been working since 8 a.m.

شش ماه است که انگلیسی یاد می‌گیرم.

او از ساعت ۸ صبح مشغول کار است.

Result vs Duration

I have written three emails. → focus on result / number

I have been writing emails for 2 hrs. → focus on activity / duration

Present Perfect Continuous = فعالیت و مدت | Present Perfect = نتیجه و تعداد

خلاصه + تمرین

Situation	Tense	Example
Habit / fact	Present Simple	I work every day.
Happening now	Present Continuous	I am working now.
Experience / result	Present Perfect	I have finished.
Duration of activity	Present Perfect Continuous	I have been working for 2 hours.

Common Mistakes

سه اشتباه خیلی رایج

- × He go to school. ✓ He goes to school.
 در سوم شخص مفرد به فعل s/es اضافه می‌کنیم.
- × She doesn't likes coffee. ✓ She doesn't like coffee.
 بعد از does/doesn't فعل به شکل پایه می‌آید.
- × I have seen him yesterday. ✓ I saw him yesterday.
 با زمان مشخص گذشته (yesterday) از Past Simple استفاده کنید.

Quick Practice

تمرین کوتاه

- | | |
|---|----------------------------|
| 1. She usually ___ coffee in the morning. | drinks / is drinking |
| 2. Look! The children ___. | are running / run |
| 3. I ___ this movie three times. | have seen / am seeing |
| 4. They ___ English for two years. | have been learning / learn |
| 5. We ___ dinner right now. | are having / have |
| 6. He ___ his homework already. | has finished / finishes |

Answers

پاسخ‌ها

- 1) drinks 2) are running 3) have seen 4) have been learning 5) are having 6) has finished

نکته طلایی: اول مفهوم جمله را پیدا کن، بعد فرمول را انتخاب کن.