Words and Phrases About Frequency

Many words and phrases describe how often something happens, or its *frequency.* For example, the word “always” means continuously, every time, or on every occasion. The word “never” means at no time, not on any occasion. “Always” and “never” have opposite meanings.

ALMOST EVERY TIME / ALMOST ALL OF THE TIME

ALWAYS / EVERY TIME

MOST OF THE TIME

USUALLY / MANY TIMES

FREQUENTLY / OFTEN

SOMETIMES / ONCE IN A WHILE

NOW AND THEN

SELDOM

RARE / RARELY

NEVER / NOT EVER

In the diagram above, “always” and “never” are placed at opposite ends of the line to show their opposite meanings. Several people were asked to arrange words and phrases according to the frequency that they represent. The results are placed on the line between “never” and “always.” The closer the word or phrase is to “always,” the greater its frequency. Words with similar meanings are the same color.

To figure out the meaning of a word or phrase, look at its color and placement on the line. There are many other words that are used to describe how often something happens, that may be placed on this diagram.

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