-ING vs TO + VERB

Astuce principale

-ING → action **réelle**, vécue, ou générale → on est *dans* l'action ou le souvenir.
TO + VERB → action **prévue**, à faire, ou intention → on regarde *vers* l'action.

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1. Quand utiliser -ING

- Après certains verbes (souvent émotions, goûts, habitudes) :
  enjoy, avoid, suggest, admit, consider, deny, miss, finish, give up, keep, can't stand, practice, be worth...
  → `I enjoy **reading** before bed.`
- Après une préposition (in, at, for, without, about, etc.) :
  → `She's good **at singing**.`
- Comme sujet ou objet :
  → `**Swimming** is good exercise.`
- Après certaines expressions fixes :
  it's no use, it's worth, can't help, spend time...
  → `It's worth **trying** again.`
- Pour les temps continus :
  → `I'm **studying** now.`

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2. Quand utiliser TO + VERB

- Après certains verbes (souvent intention, décision, plan) :
  want, need, decide, plan, hope, expect, promise, agree, refuse, afford, manage, learn...
  → `I decided **to leave** early.`
- Après des adjectifs + `it` :
  → `It's important **to arrive** on time.`
- Après certaines structures :
  too + adj, adj + enough, first/last/best...
  → `She's too young **to drive.`
- Après verbe + objet + to + verb :
  advise, allow, tell, ask, expect, want...
  → `They told me **to wait** here.`

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3. Verbes qui acceptent les deux (sens différent)

Verbe	-ING = passé / expérience	TO + VERB = futur / intention
remember	I remember **locking** the door.	Remember **to lock** the door.
forget	I'll never forget **meeting** you.	Don't forget **to meet** her.
stop	He stopped **smoking**.	He stopped **to smoke**.
try	Try **adding** more salt.	Try **to finish** on time.
regret	I regret **telling** her.	I regret **to tell** you...
go on	She went on **talking**.	She went on **to talk** about...
like/love/hate	I love **reading**.	I love **to read** before bed.
mean	This means **getting** up early.	I meant **to call** you.

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4. Mini-rappel

Ne pense pas seulement `émotion vs rationnel` — pense aussi **temps et perspective** :

- **-ING** → souvenir, expérience → on *vit* l'action.
- **TO + VERB** → but, plan → on *vise* l'action.

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