Hi, I'm Sian from BBC Learning English. What's the difference between **stop to do** and **stop doing something**?

Well, stop what you're doing right now because that's what I'm going to tell you.

When we use stop plus ING, the activity in the ING form stops. So, I have **stopped drinking** coffee. I'm not drinking coffee any more, I'm only drinking water.

But when stop is followed by the infinitive, it means we stop doing another action to do the action in the infinitive. So, I **stopped to buy** a tea this morning – I **stopped walking** in order to buy a tea.

Right, I'm going to **stop talking** now. Write me a comment, and tell me something that you've **stopped doing**.