

**Phil**

Hi! I'm Phil from BBC Learning English. Today, I'm going to tell you the difference between **affect** with an 'a' and **effect** with an 'e'.

Just remember that **affect** with an 'a' is a verb. It means 'to influence'. So, for example:  
**Tiredness is affecting my work.**

**Effect** with an 'e' is usually a noun, and it means 'the result of something'. **The effect of not having breakfast is to feel really hungry.**

**Effect** can be a verb. It's very formal and it means 'to implement something'. **The management effected a new policy.**

So if you find this difference **affecting** your English, just remember that **affect** with an 'a' is a verb and that **effect** with an 'e' is usually a noun. And the **effect** will be that you don't make any more mistakes!