

I make the effort to use my brain and body - Sentence patterns and examples

Class Objective: I am able to understand all the grammar pattern and example Sentences

Concept A: Grammar

V Dictionary Form/ Vない—Form ない} ように します

This sentence pattern is used to express that one habitually or continuously makes efforts to do something or not to do something.

a. ~ように して います

This expresses that one habitually and continuously tries to do something.

1. 毎日(まいにち) 運動(はすどう)して、何(なん)でも 食(た)べる ように しています。

I try to take exercise every day and eat a variety of foods.

2. 歯(は)に 悪(わる)いですから、甘(あま)い物(もの)を 食(た)べない ように して います。

I try not to eat, sweets because they are bad for my teeth.

b. ~ように して ください

~て/~ないで ください are direct request expressions, while ~ように して ください is an indirect request expression and more polite than the former. This pattern is used as shown below.

1) When requesting someone to try to do something habitually and continuously.

もっと 野菜(やさい)を 食(た)べる ように して ください。

Please try to eat more vegetables.

2) When politely requesting someone to try to do something in a one-off situation.

あしたは 絶対(ぜったい)に 時間(じかん)に 遅(おく)れない ように して ください。

Please be sure not to be late tomorrow.

[Note] ~ように して ください cannot be used when requesting something to be done on the spot.

すみませんが、塩(しお)を 取(と)って ください。

Excuse me, please pass me the salt.

(X) すみませんが 塩(しお)を 取(と)る ように して ください。

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