

Continual vs Continuous

The words **Continual** and **Continuous** are often confused words. **Continual** means start and stop, while **continuous** means never-ending.

CONTINUAL

- **Continual** is an adjective.
- It refers to the duration that continues over a long period of time, but with intervals of



CONTINUOUS

- **Continuous** is an adjective.
- It refers to the duration without interruption.