Infinitive or -ing

Verb + -ing :

delay, fancy, consider, admit, miss, involve, finish, postpone, imagine, avoid, deny, risk, practise, enjoy, suggest, mind, give up, put off, carry on, go on, keep on, can't help /laughing/,dislike, can't stand.

verb + to:

offer, decide, hope, deserve, attempt, promise, agree, plan, aim, afford, manage, threaten, refuse, arrange, learn, forget, fail, seem, appear, tend, pretend, claim, decide, dare, want, ask, help, expect, beg, tell, remind, force, enable, teach, order, warn, invite, persuade, make, let.

both -ing + infinitive:

begin, start, intend, continue, bother, love, like, hate, can't bear /no difference in meaning/

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difference in meaning:
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stop + ing = give up the activity /he stopped smoking/
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stop + inf. = intent /he stopped to smoke = with the aim to smoke/

advise, recommend, encourage, allow, permit, forbid:

verb + -ing /without an object/

verb + object + to:

I recommend waiting

I recommend **you** to wait

remember + -ing = I did it and now I remember /I remember posting the letter/ remember - to ... = not to forget or to realise /please remember to post the letter/

regret + -ing = I am sorry about what I did /I regret saying it/
regret + to...= I'm sorry that I have to.../We regret to inform you.../

go on + -ing = continue /He went on talking/

go on + to.. = do or say something new /After discussing it he went on to talk about economy/

try + -ing = testing /try pressing the button

try + to.. = attempt, effort /I tried to move the table/

 $need + -ing = something \ needs \ to \ be \ done \ / the \ floor \ needs \ cleaning /$

need + to.. = it is necessary /I need to take more exercise/

NOTE: would is followed by infinitive: I would like to go.
I would like to have done something= I regret I couldn't do it