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/

difference in meaning: stop + ing = give up the activity /he stopped smoking/ 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