to infinitive, bare infinitive or ing form

verbs taking the to infinitive or ing form without a change in meaning		
ing form	verb	to infinitive
They started talking.	begin, start, continue,	They started to talk.
They advised parking here.	advise, allow, permit	They advised us to park here.
This room needs painting.	need, require, want	This room needs to be painted.
verbs taking the to infinitive or bare infinitive without a change in meaning		
bare infinitive	verb	to infinitive
He helped me fix the dripping tap.	help	He helped me to fix the dripping tap.
verbs taking the to infinitive or ing form with a change in meaning !!!		
ing form	verb	to infinitive
We regret making that silly mistake. (past)	forget, remember, regret	We regret to inform you that you have flu. (future)
I'm sorry for shouting at you yesterday.	sorry	I'm sorry to interrupt you, but I have to go now.
Getting this job means working a lot. (involve)	mean	She means to open her own shop. (intend)
We went on talking for a long time.	go on	They sang a song and they went on to dance.
Mary stopped writing long emails.	stop	He stopped to look at the shop window.
Try exercising, you may lose weight. (experiment)	try	I tried to win the race. (do sb's best)
We like watching films. (enjoy)	like	She likes to go to the dentist. (find sth reasonable)
We're afraid of slipping on the ice. (it may happen)	be afraid	We are afraid to work overtime. (unwilling)
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verbs taking the bare infinitive or ing form with a change in meaning !!!		
I saw my friend crossing the street.	see, hear, watch, notice, recognise, listen to	I saw my friend cross the street and go into the shop.
Peter suggested watching a film.	special case: suggest	Peter suggested that Anna should watch this film