A helping verb is used with another verb to form its conjugations. Helping verbs (auxiliary verbs) are action, state, or being words that are used together with other verbs to express changes of thought such as voice, mood, tense and other shades of meaning. Say it! Write it! Repeat it!

I ought to work.

You ought to work.

He, she, or it ought to work.

We ought to work.

You all ought to work.

They ought to work.

Mark ought to work.

Matt ought to work.