

THE PAST PERFECT CONTINUOUS TENSE

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Form	Structure	Example
Usage	We use the past perfect continuous tense to describe an action that began in the past and continued up to another past point in time.	
+ Affirmative	Subject + had been + verb + -ing	<ul style="list-style-type: none">• Her eyes were red. She had been crying.• He had been swimming for hours before the rescue team arrived.
- Negative	Subject + had not been + verb + -ing	<ul style="list-style-type: none">• She looked hungry. I guess she had not been eating for days.• Russia and Ukraine had not been fighting with each other for many years until the Russian invasion on the 24th of February, 2022.
? Question	Had + subject + been + verb + -ing?	<ul style="list-style-type: none">• His eyes looked wet. Had he been crying?• They looked at each other strangely. Had they been fighting?