

## 2. Ongoing actions at a specified time

When you mention an exact time in the past, use the past continuous tense if the action started before that time and continued afterward. If the action *begins* at the time mentioned, use the simple past instead.

*“Last year, I **was working** as a front-end dev.”*

*“By the end of project, they **were** already **talking** about the next one.”*



## 3. Habitual actions in the past

Use the past continuous tense to talk about an action that used to be done frequently in the past but is not done in the present. This form is usually used with adverbs and adverb phrases, specifically ones that suggest the action was done a lot, like those listed below:

- all the time
- always
- constantly
- continuously and continually
- forever
- perpetually
- the entire time

*Always*

You can also use the main adverbs of frequency (rarely, seldom, sometimes, occasionally, often, frequently, usually).

*“We **were always fixing** the problems on this application.”*

*“She **was rarely attending** any webinars to enhance her skills.”*

