

Past continuous

The past continuous tense describes ongoing actions in the past, such as *“I was writing this code all night”*. It uses the same construction as the present continuous tense except with the past tense of the verb to be.

The past continuous tense shows a continuous action that began in the past. It is the past tense version of the present continuous, which also describes ongoing actions. The present and past continuous are very similar, but the past continuous uses **was** and **were**, the past tense of to be.

The past continuous tense formula involves the past tense of to be (was or were) and the present participle of the verb, the **-ing** form.

Subject + **To Be** [was, were] + **Verb -ing** (affirmative)

Subject + **To Be** [was, were] + **Not** + **Verb -ing** (negative)

To Be [was, were] + Subject + **Verb -ing** (interrogative)

*“I **was attending** a webinar to learn about the latest trends.”*

*“We **weren't discussing** the project requirements with the client.”*

5 past continuous senses uses

1. An action in the past that gets interrupted

One of the most common uses of the past continuous tense shows a past action that was interrupted by another past action. These are often complex sentences featuring subordinating conjunctions like when, while, before, after, until, or whenever.

Put the action that was interrupted in the past continuous tense and the action that interrupts it in the simple past.

*“He **was coding** when his boss called the meeting.”*

*“The Devs **were debugging** the project before the presentation.”*

