The 12 Verb Tenses - Usage

	Past	Present	Future
Simple	I *ate* pizza yesterday. To indicate a past habit – or an action already completed. Can be used with or without adverbs of time.	I *eat* pizza everyday. To express habits or general truth. To indicate a future event on a designated date as part of a plan or arrangement. With 'mental action' verbs: *like, love, want, need, believe, etc.*	I *will eat* pizza tomorrow. To indicate an action, condition, or circumstance which hasn't taken place yet.
Continuous	I *was eating* pizza when you arrived. To indicate uncompleted action of the past (with or without time reference) To indicate persistent habits of the past (with *always, continuously, forever, etc.*)	I *am eating* pizza right now. To indicate action going on at the time of speaking. To indicate temporary action which may not be happening at the time of speaking. With a habitual action verb, especially to indicate a stubborn habit.	I *will be eating* pizza when you arrive. To indicate what will be going on at some time in the future. To indicate planned future events.
Perfect	I *had eaten* all of the pizza when you arrived. To indicate a completed action of the past that happened before another event took place.	I *have eaten* all of the pizza. To indicate past action which is not defined by a time of occurrence. To indicate an action which started in the past and has continued up until now.	I *will have eaten* all of the pizza by the time you arrive. To indicate an action that will be complete before another event takes place.
Perfect Continuous	I *had been eating* pizza for 2 hours when you arrived. To indicate an action in the past that began before a certain point in the past and continued up until that time.	I *have been eating* pizza for 2 hours. To indicate an action which started at some point in the past and may or may not be complete.	I *will have been eating* pizza for 2 hours when you arrive. To indicate an action that will have happened for some time and will not be complete yet at a certain point in the future.