PAST CONTINUOUS TENSE

IT IS USED...

When the action happened in the past for a longer period of time. Example: He was reading all night long.

To talk about what was happening at specific moment in the past. Example: He was waiting for me at 9 o'clock.

AFFIRMATIVE (+)

Example:

She was reading the book all night long.

NEGATIVE (-)

S + was/were NOT (wasn't/weren't) + V + ing

Example:

She wasn't reading the book all night long.

INTERROGATIVE (?)

Example:

Was she reading the book all night long?

ADVERBS OF TIME

All night long
All day yesterday
All last week
The entire Sunday
The whole summer
This time yesterday
When
While

PAST CONTINUOUS & PAST CONTINUOUS

We use two past continuous tenses in the same sentence when two actions happened at the same time in the past, they are parallel actions.

We use the word WHILE in these sentences

Example: While I was reading, she was watching TV. We were studying while he was sleeping.

PAST SIMPLE & PAST CONTINUOUS

We use past simple and past continuous in the same sentence when a short action (Past Simple) ends a longer action (Past Continuous)

We connect the two sentences with WHEN

Example: I was reading my emails when the phone rang. I was walking in the park when I met my cousin.