PAST PERFECT SIMPLE

FORM Subject+had+Past Participle(+ed for regular, 3rd column for irregular verbs)

USE To express...

A) an action that began before a point in time in the past and either:

1. stopped at that time/just before it,

By 9:00, they had already arrived home.

I had eaten 5 pitogyra when I started feeling sick.

OR

1. stopped some time before the time of speaking.

I hadn’t seen her for 10 years; in the meanwhile, she had met a man and had married him.

PAST PERFECT CONTINUOUS

FORM Subject+had+been+ verb+ing

USE A) to express action that

1. began in the past and was still continuing at a certain point in the (more recent) past°.

I had been waiting for over an hour for you when Maria came along.

1. began in the past and its effects were seen in the past.

I was exhausted as I had been cleaning my wardrobe.

We noticed the wet ground and realised it had been raining heavily.

B) for a repeated action in the past.

I saw Jane yesterday; she said she had been trying to call me all week.

°Remember: this use is expressed by the Simple form of the tense in the case of stative verbs.

NOTE ...

...the difference between a single completed action and an incomplete/ in progress action. Always keep in mind grammar follows content and context and not the other way around. Decide what you want to say and where your emphasis lies and choose your tense accordingly.

For further practice:

<https://www.liveworksheets.com/worksheets/en/English_as_a_Second_Language_(ESL)/Past_tenses/Past_tenses_revision_tb6594qa>

<https://www.liveworksheets.com/worksheets/en/English_as_a_Second_Language_(ESL)/Listening/Past_perfect_listening_fj25279zf>