

# PAST PERFECT VS. PAST PERFECT CONTINUOUS

## Past Perfect

We form the Past Perfect with **had** and the **past participle**

**Had + Past Participle**

Express the past action, already finished when another past action happened

I met them after they **had divorced** each other.

Emphasize the result of an activity in the past

I **had been** to London twice by the time I got a job in New York.

Show two events in the past that are linked

I couldn't take my flight because I **had forgotten** my boarding pass.

## Past Perfect Continuous

We form the Past Perfect Continuous with **had been** and the **-ing form** of the verb

**Had been + V-ing**

Express a past action which started in the past and continued to happen after another action or time in the past

Sara **had been working** here for two weeks when she had the accident.

Emphasize the duration of an activity in the past

Richard needed a holiday because he **had been working** hard for six months.

Show the cause of a past action

I **had been travelling** all night, so I was tired.