

# PAST PERFECT TENSE vs PAST PERFECT CONTINUOUS TENSE

## PAST PERFECT

Express the past action, already finished when another 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 could not take my flight because I had forgotten my boarding pass.

## PAST PERFECT CONTINUOUS

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.