PAST PERFECT VS. PAST PERFECT CONTINUOUS

PAST PERFECT

PAST CONTINUOUS

Had + Past Participle

- **Express a past action, already finished when another past action happened**

E.g. I met them after they had divorced each other.

- **Emphasize the result of an activity in the past**

E.g. 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**

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

Had been + V-ing

- **Describe a past action which started in the past and continued to happen after another action or time in the past**

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

- **Emphasize the duration of an activity in the past**

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

- **Show the cause of a past action**

E.g. I had been travelling all night, so I was tired.