Past CONTINUOUS

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Actions in progress at a specific time in the past

Yesterday at 8 a.m., I **was** driv**ing** to work.
She **wasn't** work**ing** *at that time last week*.
What **were** you do**ing** *last Sunday morning*?

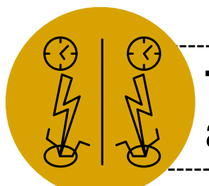
Use: at specific times in the past



Actions interrupted by another event

She **was** hav**ing** a shower when *the phone rang*.
They **weren't** pay**ing** attention when the teacher *called their names*.
What **were** you do**ing** when *the game ended*?

Use: with the Past Simple



Two actions happening at the same time

She **was** hav**ing** a shower *while* I **was** cook**ing** dinner.
It **wasn't** rain**ing** *while* we **were** walk**ing**.
Were you pay**ing** attention *while* I **was** speak**ing** to you?

Use: often with '*while*'



Repeated past actions

She **was** *always* wear**ing** an ugly sweater.
They **weren't** *constantly* argu**ing** about silly things back then.
Were you *always* spend**ing** your pocket money on candies?

Use: often with *always*, *constantly*, or *forever*