

Past continuous (past progressive)

- an action that was happening at a point of time in the past

{I, he, she, it} was <verb>ing
{we, you, they} were <verb>ing

<verb>ing = present participle

Examples:

He was listening.
You were listening.

Past perfect

- an action that started in the past and completed later in the past.

{I, you, we, they, he, she, it} had <past participle>

Examples: They had listened.

Past perfect continuous ????

Examples: You had been listening.