



Name : _____ Class : _____ Date : _____

Past Perfect Continuous Tense [Action Verbs, Be Verbs, Possessive Forms]

Past Perfect Continuous Tense : Action Verbs

Affirmative ➞

Subject + had been + present participle + object

Example ➞

They had been playing football since morning.

Negative ➞

Subject + had not been + present participle + object

Example ➞

I had not been sleeping well for a week.

Interrogative ➞

Had + subject + been + verb-ing + object/time?

Example ➞

Had she been cooking for long?

Note:

Use the past perfect continuous tense for an action that had been continuing for a period before another past action or time. It often uses for, since, before, or by the time.

Past Perfect Continuous Tense : Be Verbs

Affirmative ➞

Subject + had been being + adjective/noun (complement)

Example ➞

He had been being helpful all day.

Negative ➞

Subject + had not been + being + adjective/noun

Example ➞

She had not been being careful.

Interrogative ➞

Had + subject + been + being + adjective/noun?

Example ➞

Had she been being rude?

Note:

Had been being is grammatically correct but very uncommon. It describes **temporary behavior** that continued before another past action or time.

Past Perfect Continuous Tense : Possessive Forms

Affirmative ➞

Subject + had been + having + activity/experience

Example ➞

They had been having a good time.

Negative ➞

Subject + had not been + having + activity/experience

Example ➞

She had not been having a good experience.

Interrogative ➞

Had + subject + been + having + activity/experience?

Example ➞

Had she been having a headache?

Note:

Do not use having for possession e.g.

~~"I had been having a car"~~

It is incorrect.

However, having is correct when it means a temporary action or experience e.g.

"I had been having fun."

