

	Present progressive	Past progressive	Present Perfect progressive	Past perfect progressive	Future progressive
Progressive					
I	am walking	was walking	have been walking	had been walking	will be walking
you	are walking	were walking	have been walking	had been walking	will be walking
he, she, it	is walking	was walking	has been walking	had been walking	will be walking
we	are walking	were walking	have been walking	had been walking	will be walking
you	are walking	were walking	have been walking	had been walking	will be walking
they	are walking	were walking	have been walking	had been walking	will be walking

Progressive negative

I	'm not walking	wasn't walking	haven't been walking	hadn't been walking	will not be walking
you	aren't walking	weren't walking	haven't been walking	hadn't been walking	will not be walking
he, she, it	isn't walking	wasn't walking	hasn't been walking	hadn't been walking	will not be walking
we	aren't walking	weren't walking	haven't been walking	hadn't been walking	will not be walking
you	aren't walking	weren't walking	haven't been walking	hadn't been walking	will not be walking
they	aren't walking	weren't walking	haven't been walking	hadn't been walking	will not be walking

Signal words	at the moment, now, look!, listen!	while	for, since		
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Use of progressive tenses	The present progressive is used to describe what is happening now. I am working at the moment.	Something took a long time in the past. Two action happening at the same time in the past. An action at a certain time in the past. Yesterday at 6 we were eating.	An action that has just stopped or recently stopped. An action continuing up to now. We have been running for 20 minutes.	The past perfect progressive expresses an action in the past before another action in the past happened. Had the driver been drinking before the accident yesterday?	An action in progress at a certain time in future. He will be working at 10 am.
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