- 1 Use the past simple/past continuous for completed actions which give the main events in a story.
- 2 Use the past simple/past continuous for actions in progress at a particular time or when another (shorter) action happened. Also use it to set the scene of a story.
- 3 Use the past perfect simple/past perfect continuous for completed actions that happened before the main events.
- 4 Use the past perfect simple/past perfect continuous for longer actions that started before other events and often continued up to them.

Narrative tenses

Past Simple	Past Continuous	Past Perfect	Past Perfect Continuous
(+)S + V2/Ved (-)S + didn't + V1 (?)Did + S + V1	(+)S + was/were + Ving (-)S + wasn't/weren't + Ving (?)was/were + S + Ving	(+)S + had + V3/Ved (-)S + hadn't + V3/Ved (?)Had + S + V3/Ved	(+) S + had been + Ving (-) S + hadn't been +Ving (?)Had + S + Ving
To describe single actions that happened in the past (you know specific time) To describe main events in the story	To talk about an action that was in progress in the past To talk about background information in the past (parallel processes)	To describe an action that happened before another past action (before the main events) Typically with the words realize, remember, forget, think, find out, discover	To talk about longer actions that were in progress and they started and finished before another past action (main events)
To talk about an action that was in process when another action interrupted it			