Past Tense Verb Forms

**Simple Past**
- is used for actions that happened in a specific time in the past. The action started and ended in the past.
  - I **watched** Inception with my sister.
  - She **drank** a glass of water.
  - **Did you live** in Greece for a year?

**Past Perfect**
- is used when one action in the past happened before another action in the past.
  - They **had not gone** on a date in weeks.
  - Thomas Edison **had invented** the light bulb before the movie camera.

**Past Progressive**
- is used for an action that was in progress at a specific time in the past.
  - She **was writing** her dissertation.
  - The sun **was shining** on the lake.

**Past Perfect Progressive**
- is used to emphasize the duration of an action that was in progress before another action or time in the past.
  - They **had been playing** for two hours when we arrived.
  - Meg and Tanya **had been arguing** over the most trivial details.