

B2

TENSES

≈ 27 MIN

Past Perfect Continuous – *practice on paper*

You know duration before a past point; now reinforce process, result, and stative verbs.

The **past perfect continuous**

(had been + -ing) shows an earlier process; the

past perfect

highlights a result or state.

NAME

DATE

YOUR BUILD

1 · SORTING

2 · FILL-IN

3 · CORRECT

4 · WRITE

BRICK 1 · SORT BY PROCESS OR RESULT · APPROX. 4 MIN

● ○ ○

Sort each context. The left column shows an **extended process**; the right shows a **completed result or state**.

months of prototype testing before approval

final checklist completed before inspection

hours of calls before backup arrived

all twelve invoices processed before noon

ongoing research before funding ended

all permissions granted before migration

repeated complaints before policy changed

budget approved before hiring started

continuous rain before roads closed

three draft versions finished before review

CONTINUOUS: EXTENDED PROCESS

PAST PERFECT: RESULT OR STATE

BRICK 2 · COMPLETE WITH THE RIGHT FORM · APPROX. 6 MIN

● ● ○

Put the verb into the **past perfect continuous** or **past perfect**. First check for process, result, or state.

- 01 By the break, both teams _____ (argue) for ninety minutes.
- 02 Her voice failed because she _____ (speak) all morning.
- 03 Kai was exhausted when support arrived; he _____ (handle) calls.
- 04 The team _____ (prepare) since April when scope changed.
- 05 How long _____ you ___ (wait) before the interview?
- 06 We _____ not ___ (monitor) traffic before the outage.
- 07 His eyes hurt; he _____ (review) screens for hours.
- 08 They _____ (know) the vendor for years before the merger.

YOUR BUILD

1 · SORTING

2 · FILL-IN

3 · CORRECT

4 · WRITE

BRICK 3 · FIND AND CORRECT THE MISTAKE · APPROX. 7 MIN



Each sentence contains one error with **form**, **time phrase**, or a **stative verb**. Rewrite it correctly.

01 Lea had been worked remotely before the office reopened.

.....

02 We had been planning since five months before launch.

.....

03 Jon had been knowing the client for years.

.....

04 Had they been wait long before the update?

.....

05 She had working alone when the manager arrived.

.....

06 Before the promotion, I had been managed the account alone.

.....

BRICK 4 · WRITE A PROJECT RETROSPECTIVE · APPROX. 8 MIN



Write your own English sentences for each prompt. Use **had been + -ing** for process and **had + participle** for result or state.

01 Retrospective: give one long work process before a client decision.

.....

02 Effect: explain a visible reaction after hours of work.

.....

03 Contrast: set an ongoing process against a completed result.

.....

04 State: describe a long business relationship before a change.

.....

MINI-CHECK – CAN I DO THIS YET?

- ☐ I form the process with had been + -ing.
- ☐ I use for for duration and since for its start.
- ☐ I choose past perfect for a result or state.
- ☐ I keep stative verbs such as know outside the continuous.

Unsure? Mark the anchor, process, and result first.



Answer key

Check only when you have finished. Every answer comes with the **why** — the rule matters more than the result.

BRICK 1 · SORTING

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| <p>01 Continuous: months of prototype testing before approval
<i>Process rule: the activity extends over months.</i></p> <p>02 Past Perfect: final checklist completed before inspection
<i>Result rule: the checklist is complete.</i></p> <p>03 Continuous: hours of calls before backup arrived
<i>Process rule: the calls continue for hours.</i></p> <p>04 Past Perfect: all twelve invoices processed before noon
<i>Result rule: twelve items are complete.</i></p> <p>05 Continuous: ongoing research before funding ended
<i>Process rule: the research remains ongoing.</i></p> | <p>06 Past Perfect: all permissions granted before migration
<i>Result rule: all permissions are complete.</i></p> <p>07 Continuous: repeated complaints before policy changed
<i>Process rule: repetition forms the background.</i></p> <p>08 Past Perfect: budget approved before hiring started
<i>Result rule: the approval is complete.</i></p> <p>09 Continuous: continuous rain before roads closed
<i>Process rule: the rain continues to the anchor.</i></p> <p>10 Past Perfect: three draft versions finished before review
<i>Result rule: three versions are complete.</i></p> |
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BRICK 2 · FILL-IN

- | | |
|---|--|
| <p>01 By the break, both teams had been arguing for ninety minutes.
<i>Continuous: for gives the duration.</i></p> <p>02 Her voice failed because she had been speaking all morning.
<i>Continuous: the process explains the effect.</i></p> <p>03 Kai was exhausted when support arrived; he had been handling calls.
<i>Continuous: when sets the later point.</i></p> | <p>04 The team had been preparing since April when scope changed.
<i>Continuous: since gives the starting point.</i></p> <p>05 How long had you been waiting before the interview?
<i>Question rule: had precedes the subject.</i></p> <p>06 We had not been monitoring traffic before the outage.
<i>Negative rule: not follows had.</i></p> <p>07 His eyes hurt; he had been reviewing screens for hours.
<i>Continuous: the process explains the effect.</i></p> <p>08 They had known the vendor for years before the merger.
<i>Stative rule: know uses past perfect.</i></p> |
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BRICK 3 · CORRECT

- | | |
|---|---|
| <p>01 Lea had been working remotely before the office reopened.
<i>Form rule: been takes the -ing form.</i></p> <p>02 We had been planning for five months before launch.
<i>Time rule: for gives a duration.</i></p> <p>03 Jon had known the client for years.
<i>Stative rule: know avoids the continuous.</i></p> | <p>04 Had they been waiting long before the update?
<i>Form rule: been takes the -ing form.</i></p> <p>05 She had been working alone when the manager arrived.
<i>Form rule: the continuous requires been.</i></p> <p>06 Before the promotion, I had been managing the account alone.
<i>Form rule: the process uses managing.</i></p> |
|---|---|

BRICK 4 · WRITE

Answers vary; check process, result, and state.

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| <p>01 Before renewal, we had been testing alternatives for weeks.
<i>Continuous: for weeks shows duration.</i></p> <p>02 His hands shook because he had been repairing cables.
<i>Continuous: the process explains the effect.</i></p> | <p>03 We had been discussing options; legal had approved one.
<i>Contrast rule: process meets completed result.</i></p> <p>04 Mira had known the distributor before ownership changed.
<i>Stative rule: know uses past perfect.</i></p> |
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PREREQUISITE

Past Perfect

englisch-lehrer.com/en/lessons/past-perfect

PREREQUISITE

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