Present Simple → Past Simple
Present Continuous → Past Continuous
Past Simple → Past Perfect
Present Perfect → Past Perfect

	Прямая речь	Косвенная речь
am/is → was	"I am tired."	→ She said she was tired.
are → were	"They are happy."	→ He said they were happy.
do/does → did	"I like it."	→ She said she liked it.
have/has → had	"I have a car."	→ He said he had a car.
will → would	"I will help you."	→ She said she would help.

"Take your seat!" → The teacher told us to take our seats.
"Don't drink so many fizzy drinks!" → The doctor told my brother not to drink fizzy drinks.

"Are you coming?" → He asked if I was coming.
"Where are you going?" → She asked where I was going.

For example: "I always talk on the phone during meals," she said.
              She said that she always talked on the phone during meals.

"I can't stand it when you snore so loudly," she said.
_____

"Stop being so messy in the living room!" he told me.
_____

"It's really disgusting when you pick your nose in public," she said.
_____

"I hate it when you bite your nails," my friend told me.
_____

"I'm always late for meetings," he admitted.
_____

"I often forget things, like my keys," she said.
_____

"Why do you play such loud music at night?" she asked.
_____

"You always talk on the phone for hours!" he complained.
_____