Table of English Tenses

Tense	Signal words	Use	Form	Examples affirmative	Examples negative	Examples interrogative
Simple Present or Present Simple	every day sometimes always often usually seldom never first ... then	something happens repeatedly how often something happens one action follows another things in general after the following verbs (to love, to hate, to think, etc.) future meaning: timetables, programmes	infinitive he/she/it+s	I work.	I don't work.	Do I work?
				He works.	He doesn't work.	Does he work?
				I go.	I don't go.	Do I go?
				He goes.	He doesn't go.	Does he go?
Present Progressive or Present Continuous	Now at the moment Look! Listen!	something is happening at the same time of speaking or around it future meaning: when you have already **decided and arranged** to do it (a fixed plan, date)	to be (am/are/is)+ infinitive + ing	I'm working.	I'm not working.	Am I working?
				He's working.	He isn't working.	Is he working?
				I'm going.	I'm not going.	Am I going?
				He's going.	He isn't going.	Is he going?
Simple Past or Past Simple	last ... ... ago in 1990 yesterday	action took place in the past, mostly connected with an expression of time (no connection to the present)	regular: infinitive + ed irregular: 2nd column of table of irregular verbs	I worked.	I didn't work.	Did I work?
				He worked.	He didn't work.	Did he work?
				I went.	I didn't go.	Did I go?
				He went.	He didn't go.	Did he go?
Past Progressive or Past Continuous	while	an action happened in the middle of another action someone was doing sth. at a certain time (in the past) - you do not know whether it was finished or not	was/were + infinitive + ing	I was working.	I wasn't working.	Was I working?
				He was working.	He wasn't working.	Was he working?
				I was going.	I wasn't going.	Was I going?
				He was going.	He wasn't going.	Was he going?
Present Perfect Progressive or Present Perfect Continuous	all day the whole day how long since for	action began in the past and has just stopped how long the action has been happening **emphasis: length of time of an action**	have/has + been + infinitive + ing	I have been working.	I haven't been working.	Have I been working?
				He has been working.	He hasn't been working.	Has he been working?
				I have been going.	I haven't been going.	Have I been going?
				He has been going.	He hasn't been going.	Has he been going?

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