

I'm always doing something = I do it too often or more often than normal.

For example: **I've lost my keys again. I'm always losing them.** = I lose them too often, or more often than normal.

Past Simple vs Past progressive

We use the past simple to express a definite (complete) action in the past.

The police stopped me on my way home last night. / I work in a travel agency now. Before that I worked in a department store.

It also expresses actions which follow each other in a story.

*I heard voices coming from downstairs, so **I put on** my dressing-gown and went to investigate.*

We use the past progressive to express that an action was in progress at a certain time in the past. The action or situation started before this time, but had not finished:

I phoned at 4.00, but there was no reply. What were you doing?

2 It can be used to describe a past situation or activity.

*The cottage **was looking** so cosy. -A fire **was burning** in the grate, music **was playing**; and from the kitchen were coming the most delicious smells*

3 It can also express an incomplete activity in the past.

I was reading a book during the flight. (But I didn't finish it.)

I watched a film during the flight. (the whole film)

4 It expresses an activity that was in progress at every moment during a period of time.

***I was working** all day yesterday.*

They were fighting for the whole of the holiday.

You can say that something **happened** (past simple) in the middle of something else (past continuous):

Matt **phoned** while we **were having** dinner.

It **was raining** when I **got up**.

I **saw** you in the park yesterday. You **were sitting** on the grass and **reading** a book.

I **hurt** my back while I **was working** in the garden.

But we use the past simple to say that one thing happened *after* another:

I **was walking** along the road when I **saw** Dan. So I **stopped**, and we **talked** for a while.

Remember: Stative verbs do not express actions. They express states and conditions that are seen to be permanent and not subject to frequent change. They commonly occur in the simple forms of tenses.

My roommate's name is Peter. He's tall and **has** brown hair. He **likes** sports cars and loud music.

Descriptions and Measurements

- be, appear, look, seem, look like, resemble
- sound, soundlike
- cost, measure, weigh

Possession and Relationships

- have, possess, own