PAST PROGRESSIVE MEANING

Events in progress at a particular time in the past



At 7 o'clock last night John WAS HAVING dinner.

An action in progress interrupted by a shorter action in the past

The phone rang while I WAS EATING dinner.

She WAS WALKING home when she heard a loud scream.

We normally use WHILE (or AS) in the past progressive clause and WHEN in the past simple clause.

Two events in progress at the same time in the past

I WAS READING a book while my wife WAS WATCHING a movie.

Repeated events in the past

We can use past progressive with words like ALWAYS and FOREVER to talk about things that happened repeatedly.

He WAS always BITING his nails!

Setting the scene in a story

"Batman WAS ENJOYING a relaxing day at home. It WAS RAINING hard and the wind WAS HOWLING. Suddenly, Batman saw the bat signal in the sky and Robin ran into the room."

Stative verbs

We don't usually use stative verbs in the progressive form. We cannot say: "I WAS KNOWING Anna"

