

PAST HABITS AND COSTUMS

A past habit is an action that was repeated, or a state that existed, over a period in the past but not now. We can talk about past habits using used to or would followed by an infinitive verb, or we can use the simple past tense.

It is most common to use used to followed by an infinitive verb to describe past habits:

- I used to play the violin at school. (I no longer play the violin)
- My brother used to speak French. (My brother no longer speaks French)
- We used to go to Spain for our holidays. (We no longer go to Spain for our holidays)

Remember that when you are asking a question, or you are giving a negative response, we use the infinitive use after did (although because of connected speech, this is only noticeable in writing - when you speak, it will be pronounced exactly the same as used to):

- Did you use to live here?
- I didn't use to live here.

Reference:

Wall Street English (2018). How to Teach Adverbs of Frequency in English. Retrieved from:

<https://www.wallstreetenglish.com/blog/how-to-teach-adverbs-of-frequency-in-english>