PAST PROGRESSIVE

The past progressive tense is a <u>verb</u> form used to refer to an action that was ongoing at a time in the past.

The past progressive is formed using the <u>past tense</u> of the <u>auxiliary verb</u> "be" (i.e., "was/were") along with the present participle ("ing" form) of a main verb (e.g., "I was thinking").

Affirmative	Negative	Interrogative
I was writing	I wasn't writing	Was I writing?
You were writing	You weren't writing	Were you writing?
He/she/it was writing	He/she/it wasn't writing	Was he/she/it writing?
We were writing	We weren't writing	Were we writing?
You were writing	You weren't writing	Were you writing?
They were writing	They weren't writing	Were they writing?

Reference:

Ryan, E. (2023). Past Progressive Tense | Uses, Examples & Worksheet. Scribbr. Retrieved from:
https://www.scribbr.com/verbs/past-progressive/