



Past Perfect Continuous: Positive Form: Had Been + V-ing

Fill in the blank with the correct option.

- I ____ (wait) for two hours when she finally arrived.
a) was waiting
b) waited
c) had been waiting
d) have been waiting
- She ____ (study) English for five years before she moved to London.
a) has been studying
b) had been studying
c) was studying
d) studied
- They ____ (travel) all day, so they were exhausted.
a) travelled
b) have been travelling
c) were travelling
d) had been travelling
- He ____ (work) at the company for ten years when he got promoted.
a) worked
b) had been working
c) has been working
d) was working
- It ____ (rain) heavily for hours before the streets finally flooded.
a) was raining
b) had been raining
c) has been raining
d) rained
- We ____ (live) in Paris for three years before we decided to return home.
a) had been living
b) have been living
c) lived
d) were living
- The children ____ (play) in the garden all afternoon, so they were covered in mud when they came inside.
a) have been playing
b) played
c) had been playing
d) were playing
- She ____ (cook) for hours, and the kitchen smelled wonderful.
a) cooked
b) has been cooking
c) was cooking
d) had been cooking
- Tom ____ (run) for an hour when he stopped to rest.
a) was running
b) had been running
c) has been running
d) ran
- I ____ (read) the book for a week before I finished it.
a) was reading
b) have been reading
c) had been reading
d) read
- The team ____ (practice) hard all week, which is why they won the final match.
a) had been practising
b) practised
c) were practising
d) have been practising

12. My eyes were tired because I ____ (watch) TV for too long.
a) was watching
b) had been watching
c) have been watching
d) watched
13. She ____ (learn) to drive for months before she passed her test.
a) has been learning
b) had been learning
c) learned
d) was learning
14. They ____ (argue) for hours when I arrived.
a) argued
b) were arguing
c) had been arguing
d) have been arguing
15. The dog ____ (bark) all night. By morning, the neighbours were furious.
a) has been barking
b) had been barking
c) barked
d) was barking
16. I ____ (think) about changing jobs for a while before I finally decided.
a) was thinking
b) had been thinking
c) have been thinking
d) thought
17. He ____ (sleep) for twelve hours when we woke him up.
a) was sleeping
b) had been sleeping
c) slept
d) has been sleeping
18. The students ____ (prepare) for the exam for weeks before it was suddenly cancelled.
a) have been preparing
b) had been preparing
c) were preparing
d) prepared
19. My hands were dirty because I ____ (work) in the garden for hours.
a) had been working
b) have been working
c) was working
d) worked
20. She ____ (write) her novel for two years before it was published.
a) had been writing
b) has been writing
c) wrote
d) was writing



Answers

1. c) had been waiting
2. b) had been studying
3. d) had been travelling
4. b) had been working
5. b) had been raining
6. a) had been living
7. c) had been playing
8. d) had been cooking
9. b) had been running
10. c) had been reading
11. a) had been practising
12. b) had been watching
13. b) had been learning
14. c) had been arguing
15. b) had been barking
16. b) had been thinking
17. b) had been sleeping
18. b) had been preparing
19. a) had been working
20. a) had been writing



Explanations

1. “had been waiting” (c)

Use 'had been waiting' (Past Perfect Continuous) to show an action in progress before another past event ('she arrived').

2. “had been studying” (b)

Use 'had been studying' to describe an ongoing action that continued up to another past event ('moved to London').

3. “had been travelling” (d)

Use 'had been travelling' to explain why they were exhausted — the action was in progress before the result.

4. “had been working” (b)

Use 'had been working' to show the duration of an action before another past event ('got promoted').

5. “had been raining” (b)

Use 'had been raining' (Past Perfect Continuous) because the rain was an ongoing action over a duration ('for hours') leading up to a past result ('the streets finally flooded').

6. “had been living” (a)

Use 'had been living' to show a continuous action before a past decision ('decided to return').

7. “had been playing” (c)

Use 'had been playing' (Past Perfect Continuous) to describe the ongoing action that caused a visible past result ('covered in mud when they came inside').

8. “had been cooking” (d)

Use 'had been cooking' to explain the past result ('kitchen smelled wonderful').

9. “had been running” (b)

Use 'had been running' to show the action in progress before another past action ('stopped').

10. “had been reading” (c)

Use 'had been reading' to show a continuous action leading up to a past completion.

11. “had been practising” (a)

Use 'had been practising' (Past Perfect Continuous) to describe the ongoing preparation that caused a past result ('won the final match').

12. “had been watching” (b)

Use 'had been watching' to explain the cause of a past condition ('eyes were tired').

13. “had been learning” (b)

Use 'had been learning' to show a process that continued until a past achievement.

14. “had been arguing” (c)

Use 'had been arguing' to describe an action in progress before my arrival.

15. “had been barking” (b)

Use 'had been barking' (Past Perfect Continuous) to describe the ongoing action throughout the night that led to a past result ('by morning, the neighbours were furious').

16. “had been thinking” (b)

Use 'had been thinking' to show a continuous mental process before a decision.

17. “had been sleeping” (b)

Use 'had been sleeping' to describe the duration of sleep before the interruption.

18. “had been preparing” (b)

Use 'had been preparing' (Past Perfect Continuous) to describe the ongoing preparation over a duration ('for weeks') before a past event ('it was suddenly cancelled').

19. “had been working” (a)

Use 'had been working' (Past Perfect Continuous) to explain the cause of a past state ('hands were dirty') through an ongoing action with duration ('for hours').

20. “had been writing” (a)

Use 'had been writing' to describe a long process that led to a past result ('was published').