



Past Perfect Continuous: Negative & Question Forms

Fill in the blank with the correct option.

1. She ____ (not / sleep) well, so she felt tired all day.
a) wasn't sleeping
b) hadn't been sleeping
c) didn't sleep
d) hasn't been sleeping
2. You looked frozen. ____ you ____ (wait) long before the bus came?
a) Had ... been waiting
b) Have ... been waiting
c) Were ... waiting
d) Did ... wait
3. They ____ (not / practice) enough, which is why they lost the match.
a) haven't been practising
b) weren't practising
c) hadn't been practising
d) didn't practise
4. How long ____ she ____ (learn) French before she moved to Paris?
a) did ... learn
b) has ... been learning
c) was ... learning
d) had ... been learning
5. I ____ (not / feel) well all week, so I went to see the doctor.
a) haven't been feeling
b) didn't feel
c) hadn't been feeling
d) wasn't feeling
6. ____ it ____ (rain) before you left the house?
a) Was ... raining
b) Had ... been raining
c) Has ... been raining
d) Did ... rain
7. He ____ (not / work) there very long when he was made manager.
a) didn't work
b) hadn't been working
c) wasn't working
d) hasn't been working
8. What ____ you ____ (do) all evening before I called?
a) have ... been doing
b) did ... do
c) were ... doing
d) had ... been doing
9. We ____ (not / expect) such good news, so when the results came in, we were overjoyed.
a) hadn't been expecting
b) haven't been expecting
c) didn't expect
d) weren't expecting
10. ____ the children ____ (play) outside all morning? They were filthy when they came in.
a) Had ... been playing
b) Were ... playing
c) Did ... play
d) Have ... been playing
11. She ____ (not / pay) attention for the entire meeting, so she missed the important announcement.
a) didn't pay
b) hadn't been paying
c) hasn't been paying
d) wasn't paying

12. Where ___ they ___ (stay) for all those months before they found an apartment?
 a) did ... stay
 b) have ... been staying
 c) were ... staying
 d) had ... been staying
13. The team ___ (not / perform) well lately, so the coach was replaced.
 a) hasn't been performing
 b) wasn't performing
 c) hadn't been performing
 d) didn't perform
14. How long ___ you ___ (date) before you got engaged?
 a) had ... been dating
 b) Would ... date
 c) Have ... been dating
 d) have ... been dating
15. I ___ (not / exercise) regularly, which affected my health.
 a) wasn't exercising
 b) hadn't been exercising
 c) haven't been exercising
 d) didn't exercise
16. ___ he ___ (look) for a new job when he got the offer?
 a) Did ... look
 b) Had ... been looking
 c) Has ... been looking
 d) Was ... looking
17. The company ___ (not / invest) in new technology, so they fell behind competitors.
 a) didn't invest
 b) hasn't been investing
 c) hadn't been investing
 d) wasn't investing
18. Her eyes were red. Why ___ she ___ (cry) before you arrived?
 a) was ... crying
 b) had ... been crying
 c) has ... been crying
 d) did ... cry
19. They ___ (not / communicate) properly, which led to misunderstandings.
 a) didn't communicate
 b) hadn't been communicating
 c) haven't been communicating
 d) weren't communicating
20. ___ the students ___ (study) hard for weeks before the exam?
 a) Had ... been studying
 b) Did ... study
 c) Were ... studying
 d) Have ... been studying



Answers

1. b) hadn't been sleeping
2. a) Had ... been waiting
3. c) hadn't been practising
4. d) had ... been learning
5. c) hadn't been feeling
6. b) Had ... been raining
7. b) hadn't been working
8. d) had ... been doing
9. a) hadn't been expecting
10. a) Had ... been playing
11. b) hadn't been paying
12. d) had ... been staying
13. c) hadn't been performing
14. a) had ... been dating
15. b) hadn't been exercising
16. b) Had ... been looking
17. c) hadn't been investing
18. b) had ... been crying
19. b) hadn't been communicating
20. a) Had ... been studying



Explanations

1. “hadn't been sleeping” (b)

Use 'hadn't been sleeping' (negative Past Perfect Continuous) to explain the cause of feeling tired.

2. “Had ... been waiting” (a)

Use 'Had you been waiting' (Past Perfect Continuous question) because the visible evidence ('looked frozen') points to an ongoing action before a past event ('the bus came').

3. “hadn't been practising” (c)

Use 'hadn't been practising' to show insufficient preparation before a past result.

4. “had ... been learning” (d)

Use 'How long + had + subject + been + verb-ing?' to ask about duration before a past event.

5. “hadn't been feeling” (c)

Use 'hadn't been feeling' to describe an ongoing negative state before a past action.

6. “Had ... been raining” (b)

Use 'Had + subject + been + verb-ing?' for yes/no questions about ongoing past actions.

7. “hadn't been working” (b)

Use 'hadn't been working' to show a short duration before a past event.

8. “had ... been doing” (d)

Use 'What had you been doing' (Past Perfect Continuous question) because 'all evening' emphasizes the duration of an ongoing activity before a past moment ('I called').

9. “hadn't been expecting” (a)

Use 'hadn't been expecting' (Past Perfect Continuous) to describe an ongoing mental state before a past event ('when the results came in').

10. “Had ... been playing” (a)

Use 'Had the children been playing' (Past Perfect Continuous question) because the visible evidence ('filthy when they came in') points to an ongoing activity before a past moment.

11. “hadn't been paying” (b)

Use 'hadn't been paying' (Past Perfect Continuous) because 'for the entire meeting' emphasizes the duration of inattention before the consequence ('missed the important announcement').

12. “had ... been staying” (d)

Use 'Where had they been staying' (Past Perfect Continuous question) because 'for all those months' emphasizes the duration of the temporary living situation before a past event ('found an apartment').

13. “hadn't been performing” (c)

Use 'hadn't been performing' to describe a negative trend before a past decision.

14. “had ... been dating” (a)

Use 'How long had you been dating' (Past Perfect Continuous question) to ask about the duration of an ongoing action before a past event ('got engaged'). 'Would ... date' is grammatically wrong here, and Present Perfect ('Have ... been dating') does not fit a completed past situation.

15. “hadn't been exercising” (b)

Use 'hadn't been exercising' to explain the cause of health issues.

16. “Had ... been looking” (b)

Use 'Had + subject + been + verb-ing?' to ask if an action was in progress.

17. “hadn't been investing” (c)

Use 'hadn't been investing' to explain a past consequence of inaction.

18. “had ... been crying” (b)

Use 'Why had she been crying' (Past Perfect Continuous question) because the visible evidence ('eyes were red') points to an ongoing action before a past moment ('you arrived').

19. “hadn't been communicating” (b)

Use 'hadn't been communicating' to describe a negative ongoing situation.

20. “Had ... been studying” (a)

Use 'Had the students been studying' (Past Perfect Continuous question) because 'for weeks' emphasizes the duration of the ongoing action before a past event ('the exam').