

Past Perfect Progressive

1. Formation

We form the past perfect progressive with **had been + -ing form**.

I had been writing.

I had not been working.

Had she been writing?

2. Use

We use the past perfect progressive to express the idea that an action or event had begun before a point of time in the past and continued up to (or almost up to) that time.

Rob had been travelling for three months when he ran out of money.