

Tenses table

Tense	Use	Positive form	Negative form	Time Expressions
Present Simple	For something which happens regularly/for facts habits/planned actions in the future	He/she/it → V1+s/es/ies I/you/we/they→ V1 Ex. He always sleeps at noon.	He/she/it → doesn't +V1 I/you/we/they→ don't + V1 Ex. He doesn't sleep at noon.	Before the verb: always, never, often, sometimes, usually. At the beginning/end of a sentence: every, each, daily.
Present Progressive	For an action taking place now/ in the near future.	be+V1+ing Ex. He is sleeping now.	be+not+V1+ing Ex. He is not sleeping now.	Now, today, at present, at the moment, this year/month..
Past Simple	For a completed action in the past/ a habit in the past.	V1+d/ed/ied or V2 Ex. Yesterday he went home.	did+not+V1 Ex. Yesterday he didn't go home.	Yesterday, last year/month/week; a week/year/month ago...
Past Progressive	For continuous activity in the past/two or more parallel activities in the past/a long action interrupted by a short one (Past Simple).	be(was/were) + V1+ing Ex1. He was sleeping while I was watching TV. Ex2. He was sleeping when I came home.	be(was/were)+ not+V1+ing Ex1. He wasn't sleeping while I was watching t.v Ex2. He wasn't sleeping when I came home.	While, during, as, when, Last...at...
Present Perfect Simple	For past actions whose time isn't given/for an action which begins in the past and ends or continues now.	have/has+V3 Ex. He has already been here.	have/has+not+V3 Ex. He hasn't called me yet.	1. No time expression. 2.for/just/since/yet/already/several times

Tense	Use	Positive form	Negative form	Time Expressions
Present Perfect Progressive	For a continuous action which began in the past and is still continuing or has just finished.	have/has+been+v1+ing Ex. He has been sleeping for ten hours.	have/has+not+been+v1+ing Ex. He hasn't been sleeping for 24 hours.	For/since/etc.
Past Perfect Simple	For an action in the past that was completed before another action began in the past.	had+V3 Ex. When I got home, my mother had already left.	had+not+V3 Ex. David had already seen the film but Mike hadn't.	When, after, before, by the time.
Future Simple	To express a simple future action.	will+V1 or be+going to+V1 Ex1. He will meet me tomorrow. Ex2. He is going to meet me tomorrow.	will+not+V1 or be+not+going to+V1 Ex1. He won't meet me tomorrow. Ex2. He is not going to meet me tomorrow.	Tomorrow, next week/month..
Future Past	To talk in the past about something that will happen in the future.	would+V1 or was/were+going to+V1 Ex. He told me that he would come late.	would+not+V1 or was/were+not+going to+V1 Ex. He told me that he wasn't going to come late.	