

Engelska i Arbetet B2 AMNI

Class 4

When you use a simple tense, you tend to focus on the **result**.

When you use a continuous tense, you tend to focus on the **action**.

Past Continuous:

- At a **specific** moment in the past.

“On Feb 4th, sales were increasing.”

- An interrupted action in the past.

“Sales **were** increasing up until Covid **arrived**.”

I have lived in Sweden since 2009.

I have lived in Sweden for 13 years.

subject + have/has + past participle

I have **just** finished writing the email. - recently finished

I have **already** finished writing the email. - surprising fact

Nowadays, people often work from home.

Sales **have** increased over the last few months.

Sales **have been** increasing over the last few months.

fall fell fallen

feel felt felt

I've tried to call you **four times** this week. - focus is on the **result**

I've **been** trying to call you all week! - focus on the **action**