The progressive is a useful but sometimes tricky verb form for students. This verb form allows English speakers to express actions in relation to time without reference to a specific time. For example, we can use the progressive to denote an action that is occurring now or will occur in the near future. The progressive can also be used to describe actions that occur over a long period of time, in the present, past, or future. This month we’ll examine how the progressive tense can be used with a variety of activities. These activities can help learners better understand how this flexible and functional verb form can be used to provide richer detail in their speaking and writing.

**Present Progressive** is used to describe an action in progress at the moment of speaking.

**Time expressions:** now, right now, at the moment.

**Examples:**
- Ellen is speaking on the phone right now.
- This semester I am taking Math 101.
- I am staying home today because I am sick.
- More students are studying online.
- I am reading a book, and my husband is watching TV.
- I am owning a red car. I own a red car.

**Past Progressive** is used to describe an action in progress happening at a specific time in the past.

**Examples:**
- I was cooking dinner at 7pm last night.
- I was doing my homework when somebody knocked on the door.
- While I was reading a book, my husband was watching TV last night.
- I was understating my teacher’s explanation in class yesterday. I understood my teacher’s explanation in class yesterday.

**Future Progressive** is used to describe an action in progress at a specific time in the future.

**Examples:**
- Tonight at 8pm, I will be reading my book.
- I will be waiting for you at the airport when you arrive.
- I will be waiting for you at the airport when you arrive.
Ex. I will be studying tonight, and you will be making dinner for the family.

3. Stative or non-action verbs often are not used in future progressive. Future simple is used instead.

   Ex. I will be being at home tomorrow night. I will be at home tomorrow night.