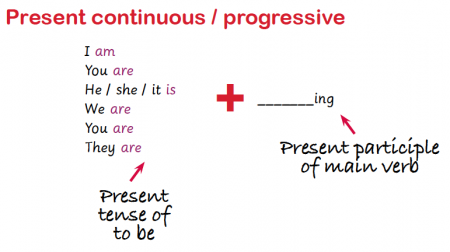
**The present continuous / present progressive explained**

The **present continuous** tense is used to describe **an action that is happening at the moment of speaking**:

*I am leaving work.*

**

**The past continuous / past progressive explained**

The past continuous is used for a continuous action in the past, for example:

*I was working hard when the telephone interrupted me.*

*Everyone was shouting.*

*They were always arguing.*

