Simple Past – Past Continuous

Form

Simple Past	Past Progressive
irregular verbs: see 2nd column of irregular verbs I spoke regular verbs: verb + ed I worked	past form of 'be' + ing form of verb I was speaking you were speaking he / she / it was speaking we were speaking they were speaking
Exceptions	

Exceptions when adding 'ed' :
 	
when the final letter is *e*, only add *d*.
 	
   Example: love - love<u>d</u>
 	
after a short, stressed vowel, the final consonant is doubled
 	
   Example: admit - admi<u>tt</u>ed
 	
final *l* is always doubled in British English (not in American English)
 	
   Example: travel - trave<u>ll</u>ed
 	
after a consonant, final *y* becomes *i*. (but: not after a vowel)
 	
   Example: worry - he worr<u>i</u>ed
   but: play - he pla<u>y</u>ed
	Exceptions when adding 'ing' :
	
	silent *e* is dropped (but: does not apply for *-ee*)
	
	   Example: come - com<u>ing</u>
	   but: agree - agr<u>ee</u>ing
	
	after a short, stressed vowel, the final consonant is doubled
	
	   Example: sit - si<u>tt</u>ing
	
	final *l* is always doubled in British English (not in American English)
	
	   Example: travel - trave<u>ll</u>ing
	
	final *ie* becomes *y*.
	
	   Example: lie - l<u>y</u>ing