

چهار زمان مهم در زمان گذشته انگلیسی

راهنمای سریع و کاربردی لیسنو

زمان گذشته را بر اساس معنا و موقعیت انتخاب کنید، نه با ترجمه مستقیم. هر زمان کاربرد مشخص خود را دارد.

Past Simple

گذشته ساده

کاربرد: اعمال تمام شده در گذشته • عادت‌های گذشته • داستان و روایت

Formula

I / You / He / She / It / We / They + V2
regular: work → worked irregular: go → went

Negative: did not (didn't) + V1

Question: Did + subject + V1

کلمات راهنما:

yesterday, last week/month/year, ago, in 2019, when I was a child

مثال‌ها:

I studied English yesterday.

She went to school by bus.

They lived in Tehran in 2018.

دیروز انگلیسی خواندم.

او با اتوبوس به مدرسه رفت.

آنها در سال ۲۰۱۸ در تهران زندگی می‌کردند.

Past Continuous

گذشته استمراری

کاربرد: عمل در حال جریان در گذشته • پس‌زمینه داستان • دو عمل همزمان در گذشته

Formula

Subject + was / were + V-ing

Negative: was / were not + V-ing

Question: Was / Were + subject + V-ing

کلمات راهنما:

while, when, as, at 8 o'clock, all morning, this time yesterday

مثال‌ها:

I was studying at 9 p.m. yesterday.

They were watching TV when I called.

دیروز ساعت ۹ شب داشتم مطالعه می‌کردم.

وقتی زنگ زدم، داشتند تلویزیون می‌دیدند.

Past Perfect

گذشته کامل

وقتی دو عمل در گذشته رخ داده و می‌خواهیم نشان دهیم یکی قبل از دیگری تمام شده، از گذشته کامل استفاده می‌کنیم.

کاربرد: عمل تمام‌شده قبل از زمان مشخص در گذشته • ترتیب دو رویداد گذشته

Formula

Subject + had + V3 (past participle)

Negative: had not (hadn't) + V3

Question: Had + subject + V3

کلمات راهنما:

already, before, by the time, after, until, never (before)

مثال‌ها:

I had finished my homework before dinner.

She had left when I arrived.

They had never seen snow before 2020.

قبل از شام تکالیفم را تمام کرده بودم.

وقتی رسیدم، او رفته بود.

قبل از ۲۰۲۰ هرگز برف ندیده بودند.

Past Simple vs Past Perfect

I ate breakfast. Then I left. → sequence with Past Simple

I had eaten breakfast before I left. → clear order with Past Perfect

Past Perfect = ترتیب واضح دو عمل گذشته

Past Perfect Continuous

گذشته کامل استمراری

برای تأکید روی مدت یا ادامه یک فعالیت که قبل از زمان مشخصی در گذشته شروع شده و تا آن زمان ادامه داشته.

Formula

Subject + had been + V-ing

کلمات راهنما:

for, since, all day, before, until, when

مثال‌ها:

I had been waiting for an hour when the bus came.

She had been studying all night before the exam.

یک ساعت منتظر بودم که اتوبوس آمد.

قبل از امتحان تمام شب درس خوانده بود.

Result vs Duration (Past)

I had written three emails. → focus on result

I had been writing emails for 2 hrs. → focus on duration

Past Perfect Continuous = مدت فعالیت | Past Perfect = نتیجه

خلاصه + تمرین

Situation	Tense	Example
Finished past action	Past Simple	I worked yesterday.
In progress in the past	Past Continuous	I was working at 5.
Earlier of two past actions	Past Perfect	I had finished before.
Duration before a past point	Past Perfect Continuous	I had been working for 2h.

Common Mistakes

سه اشتباه خیلی رایج

- | | | |
|--------------------------------|-----------------------------------|---|
| × He goed to school. | ✓ He went to school. | بسیاری از افعال بی‌قاعده هستند (go went).
در Past Continuous حتما V-ing لازم است.
بعد از had همیشه شکل سوم فعل (V3) می‌آید. |
| × I was study when you called. | ✓ I was studying when you called. | |
| × I had saw the movie before. | ✓ I had seen the movie before. | |

Quick Practice

تمرین کوتاه

- | | |
|--|---------------------------|
| 1. She ___ to the cinema last night. | went / was going |
| 2. While I ___, the phone rang. | was sleeping / slept |
| 3. They ___ dinner before we arrived. | had finished / finished |
| 4. He ___ for two hours when it started to rain. | had been walking / walked |
| 5. I ___ TV at 8 p.m. yesterday. | was watching / watched |
| 6. By the time she called, I ___ home. | had left / left |

Answers

پاسخها

- 1) went 2) was sleeping 3) had finished 4) had been walking 5) was watching 6) had left

نکته طلایی: اول ببین چند عمل و ترتیبشان چیست، بعد زمان مناسب را انتخاب کن.