Past Perfect and Past Perfect Continuous

We use the past perfect simple to emphasise the completion of an activity and the past perfect continuous to focus on the activity and duration of the activity.

Compare

I'd waited an hour for the bus. The builders had put up the scaffolding around the house.	Past perfect simple emphasises the completion of the activity.
I'd been waiting an hour for the bus. The builders had been putting up the scaffolding when the roof fell in	Past perfect continuous focuses on the duration of the activity.

> Some verbs are not used very often in the continuous form. We don't use the continuous form with some verbs of mental process (*know*, *like*, *understand*, *believe*) and verbs of the senses (*hear*, *smell*, *taste*):

For examples:

We'd known for a long time that the company was going to close.

Not: We'd been knowing ...

We'd tasted the milk and had decided it was bad, so we threw it away.

Not: We'd been tasting the milk ...

• What is the difference between past perfect cont. and present perfect cont.?

Unlike the present perfect continuous, which indicates an action that began in the past and continued up to the present, the past perfect continuous is a verb tense that indicates something that began in the past, continued in the past, and also ended at a defined point in the past.