

All verbs contain two pieces of grammatical information that are related to time: **tense** and **aspect**.

The tense of the verb can be modified to reflect when an action or event takes place in relation to the speaker's **temporal reference** (i.e., past, present, or future).

The aspect of the verb can be modified to reflect **duration** – that is, how long an action or event takes place (i.e., simple, perfect, continuous, or perfect continuous), in relation to the speaker's temporal reference (i.e., past, present, or future).

The table below provides you more examples of verbs, modified for both tense and aspect.

		Aspect			
		Simple	Perfect	Continuous	Perfect continuous
		finite verb (bare form)	have + past participle (verb + <i>-ed/-en</i>)	be + present participle (verb + <i>-ing</i>)	have + been + present participle (verb + <i>-ing</i>)
Tense	Present	receives	has/have received	am/is/are receiving	has/have been receiving
		builds	has/have built	am/is/are building	has/have been building
		blinks	has/have blinked	am/is/are blinking	has/have been blinking
		jogs	has/have jogged	am/is/are jogging	has/have been jogging
		seems	has/have seemed	*am/is/are seeming	*has/have been seeming
	Past	received	had received	was/were receiving	had been receiving
		built	had built	was/were building	had been building
		blinked	had blinked	was/were blinking	had been blinking
		jogged	had jogged	was/were jogging	had been jogging
		seemed	had seemed	*was/were seeming	*had been seeming
	Future	will receive	will have received	will be receiving	will have been receiving
		will build	will have built	will be building	will have been building
		will blink	will have blinked	will be blinking	will have been blinking
		will jog	will have jogged	will be jogging	will have been jogging
		will seem	will have seemed	* will be seeming	*will have been seeming

Based on the information above, most verb forms can be modified to reflect time (tense) and duration (aspect).

There are, however, exceptions to the rule. For instance, **being** verbs like **seem** cannot follow the verb **be**, which is used to denote the **continuous aspect** and the **perfect continuous aspect**.