Type/	Simple	Continuous
Sub-Type	(<u>NO HELPING VERBS</u>)	(BASE VERB + ING)
Present (Is/are)	Only verb is present Noun/pronoun + base verb + object Eg. 1. I eat mangoes. 2. We love pizza.	Noun/pronoun + is/are + base verb + ing + object. Eg. 1. John is enjoying the mangoes. 2. Rishabh and Priyanka are troubling the child.
Negative (Not)	Noun/pronoun + not + base verb + object	Noun/pronoun + not + base verb + object
Past (Was/were)	Only verb is present Noun/pronoun + past form of the verb + object Eg. 1. I ate mangoes. 2. We loved pizza.	
Future (Will/shall)	Only verb is present Noun/pronoun + will/shall + base verb + object Eg. 1. I shall eat mangoes. 2. We will love pizza.	