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Past tense verb to be

Image: Jose Luis Pelaez Inc / DigitalVision / Getty Images When you think of verb tenses, the first thing that comes to mind might be those foreign language classes you took in school. The teaching of second languages usually involves a more theoretical approach than all that pointing and parroting, constant immersion and downright necessity that constitute a baby's first language-learning experience. Plus, with the knowledge that everyone already has a language under their belt, a teacher of a second language has the tools to explain the underpinnings in a way that can't really be done through pantomiming. (So, while a native English speaker might be a dab hand at conjugating Spanish verbs, they could find themselves hard-pressed to identify what's happening in their native tongue.)First of all, "tense" is often confused with "mood." "Tense" refers to time. The three basic tenses are past, present and future. (Well ... *some* grammar nerds say that the future isn't actually a tense in English due to the way it's constructed ... but ignore that for now.)Tenses are subdivided into "aspects." These convey how the speaker of the sentence perceives an event temporally, in relation to themselves and to other actions they're speaking about. The main aspects are "simple" (if a tense has a simple aspect, it's often just referred to as plain "past," "present" or "future"), progressive (which is alternatively called "continuous"; think "ing" words), perfect (using the auxiliary — "helping" — verb have/had) and perfect progressive (just ... all of the things.)Is your head spinning yet? This is all rather difficult to explain without context, but taking the quiz should clear things up in no time! Let the learning begin! TRIVIA Can You Pass This Advanced ESL English Grammar Quiz? 5 Minute Quiz 5 Min TRIVIA Can You Guess the Roots of These Common English Words? 6 Minute Quiz 6 Min TRIVIA How Well Do You Know English Grammar? 6 Minute Quiz 6 Min TRIVIA Can You Pass This English Exam for Non-Native Speakers? 6 Minute Quiz 6 Min TRIVIA Can You Identify the Correct Spelling of These Spanish Vocabulary Words? 6 Minute Quiz 6 Min TRIVIA Can You Conjugate These Spanish Verbs Correctly? 6 Minute Quiz 6 Min TRIVIA Can You Guess What These Common Items Are Called in English? 7 Minute Quiz 7 Min TRIVIA Are You a Master of Common Phrases? 7 Minute Quiz 7 Min TRIVIA Spanish Grammar: Can You Complete These Sentences? 6 Minute Quiz 6 Min TRIVIA How Good Are You at Spelling, Really? 6 Minute Quiz 6 Min How much do you know about dinosaurs? What is an octane rating? And how do you use a proper noun? Lucky for you, HowStuffWorks Play is here to help. Our award-winning website offers reliable, easy-to-understand explanations about how the world works. From fun quizzes that bring joy to your inbox, to compelling photography and fascinating lists, HowStuffWorks Play offers something for everyone. Sometimes we explain how stuff works, other times, we ask you, but we're always exploring in the name of fun! Because learning is fun, so stick with us! Playing quizzes is free! We send trivia questions and personality tests every week to your inbox. By clicking "Sign Up" you are agreeing to our privacy policy and confirming that you are 13 years old or over. Copyright © 2021 InfoSpace Holdings, LLC, a System1 Company A high score on the tension scale indicates a chronic level of physical and emotional tension. Those who take time to relax and release inner tension do much better physically and emotionally than those who fail to engage in such behavior. Stressmasters have a higher quality of life than those who do not or will not "let go."If you scored medium to high on this scale, you probably engage in a behavioral style that is not conducive to effective stress management. If you can find more time to relax, you will counteract the negative effect of stress. Learn how to relax your body and emotions by focusing your attention on more peaceful thoughts.Being tense and finding little or no time to relax is an important stress indicator. The value you place on taking time for yourself determines whether you are a relaxed person in a tense world.Tense people often feel incredible levels of guilt about taking it easy and being good to themselves. Prolonged tension can cause muscle aches, pain, and fatigue. Back and headache pain are the most common physical symptoms of too much stress and tension.Other symptoms include the following: Pain and disease Poor decision making Reduced physical energy Increased errors Burnout Lower quality of work Difficulty concentrating Tendency to avoid others Tense people rarely take lunch breaks, read books, or take a walk. So what can you do to help yourself?Take time for you!Ask yourself: "Am I giving too much to others and not enough for myself? Do I need to take time to pamper myself?" If the answers are "yes," refuse to feel guilty about it and do it!If you feel guilty when you do something enjoyable for yourself, chances are you will stop doing it. Ultimately, you lose. You may be living your life through other people's standards and expectations. Take control of your guilt-producing thoughts. Focus on the benefits to you and your family that will occur when you are a more relaxed and energized person.Go to lunch and don't rushTake a long lunch break at least three times a week. Don't do business during lunch. Read a novel over a cup of tea. Go to a museum. Sit quietly by a stream. Eat slowly. Try a new restaurant. Go out with a good friend and agree not to discuss problems or business.Walk every dayWalk by yourself or with a friend. Talk about possibilities, not problems.Exercise moreJoin an aerobics class, go to the gym, play tennis, ride a bike, hike on weekends, go to a fitness resort, or jog with friends. Exercise will do more to reduce stress hormones and chemicals in our body than any other activity.Learn deep relaxation skillsTake a class in yoga, imagery training, progressive relaxation, or autogenics. Practice your relaxation skills every day.Listen to relaxation tapesAudiotapes are an excellent way to learn how to let go and relax. Develop the skill of deep relaxation that will cleanse your body of damaging stress hormones and chemicals.Listen to relaxing musicAny type of music you find enjoyable can help you to let go and relax. New Age music and some classical music are particularly helpful for reducing stress. Back to Previous Page (PDF-239.21 KB) Published on May 16, 2021 We have two ears and one mouth for a reason—effective communication is dependent on using them in proportion, and this involves having good listening skills.The workplace of the 21st century may not look the same as it did before COVID-19 spread throughout the world like wildfire, but that doesn't mean you can relax your standards at work. If anything, Zoom meetings, conference calls, and the continuous time spent behind a screen have created a higher level of expectations for meeting etiquette and communication. And this goes further than simply muting your microphone during a meeting.Effective workplace communication has been a topic of discussion for decades, yet, it is rarely addressed or implemented due to a lack of awareness and personal ownership by all parties.Effective communication isn't just about speaking clearly or finding the appropriate choice of words. It starts with intentional listening and being present. Here's how to improve your listening skills for effective workplace communication.Listen to Understand, Not to Speak There are stark differences between listening and hearing. Listening involves intention, focused effort, and concentration, whereas hearing simply involves low-level awareness that someone else is speaking. Listening is a voluntary activity that allows one to be present and in the moment while hearing is passive and effortless.Which one would you prefer your colleagues to implement during your company-wide presentation? It's a no-brainer. Listening can be one of the most powerful tools in your communication arsenal because one must listen to understand the message being told to them. As a result of this deeper understanding, communication can be streamlined because there is a higher level of comprehension that will facilitate practical follow-up questions, conversations, and problem-solving. And just because you heard something doesn't mean you actually understood it.We take this for granted daily, but that doesn't mean we can use that as an excuse.Your brain is constantly scanning your environment for threats, opportunities, and situations to advance your ability to promote your survival. And yet, while we are long past the days of worrying about being eaten by wildlife, the neurocircuitry responsible for these mechanisms is still hard-wired into our psychology and neural processing.A classic example of this is the formation of memories. Case in point: where were you on June 3rd, 2014? For most of you reading this article, your mind will go completely blank, which isn't necessarily bad.The brain is far too efficient to retain every detail about every event that happens in your life, mainly because many events that occur aren't always that important. The brain doesn't—and shouldn't—care what you ate for lunch three weeks ago or what color shirt you wore golfing last month. But for those of you who remember where you were on June 3rd, 2014, this date probably holds some sort of significance to you. Maybe it was a birthday or an anniversary. Perhaps it was the day your child was born. It could have even been a day where you lost someone special in your life.Regardless of the circumstance, the brain is highly stimulated through emotion and engagement, which is why memories are usually stored in these situations. When the brain's emotional centers become activated, the brain is far more likely to remember an event. And this is also true when intention and focus are applied to listening to a conversation. Utilizing these hard-wired primitive pathways of survival to optimize your communication in the workplace is a no-brainer—literally and figuratively.Intentional focus and concentrated efforts will pay off in the long run because you will retain more information and have an easier time recalling it down the road, making you look like a superstar in front of your colleagues and co-workers. Time to kiss those note-taking days away! Effective Communication Isn't Always Through Words While we typically associate communication with words and verbal affirmations, communication can come in all shapes and forms. In the Zoom meeting era we live in, it has become far more challenging to utilize and understand these other forms of language. And this is because they are typically easier to see when we are sitting face to face with the person we speak to.Body language can play a significant role in how our words and communication are interpreted, especially when there is a disconnection involved. When someone tells you one thing, yet their body language screams something completely different, it's challenging to let that go. Our brain immediately starts to search for more information and inevitably prompts us to follow up with questions that will provide greater clarity to the situation at hand. And in all reality, not saying something might be just as important as actually saying something.These commonly overlooked non-verbal communication choices can provide a plethora of information about the intentions, emotions, and motivations. We do this unconsciously, and it happens with every confrontation, conversation, and interaction we engage in. The magic lies in the utilization and active interpretation of these signals to improve your listening skills and your communication skills.Our brains were designed for interpreting our world, which is why we are so good at recognizing subtle nuances and underlying disconnect within our casual encounters. So, when we begin to notice conflicting messages between verbal and non-verbal communication, our brain takes us down a path of troubleshooting. Which messages are consistent with this theme over time? Which statements aren't aligning with what they're really trying to tell me? How should I interpret their words and body language?Suppose we want to break things down even further. In that case, one must understand that body language is usually a subconscious event, meaning that we rarely think about our body language. This happens because our brain's primary focus is to string together words and phrases for verbal communication, which usually requires a higher level of processing. This doesn't mean that body language will always tell the truth, but it does provide clues to help us weigh information, which can be pretty beneficial in the long run.Actively interpreting body language can provide you with an edge in your communication skills. It can also be used as a tool to connect with the individual you are speaking to. This process is deeply ingrained into our human fabric and utilizes similar methods babies use while learning new skills from their parents' traits during the early years of development.Mirroring a person's posture or stance can create a subtle bond, facilitating a sense of feeling like one another. This process is triggered via the activation of specific brain regions through the stimulation of specialized neurons called mirror neurons. These particular neurons become activated while watching an individual engage in an activity or task, facilitating learning, queuing, and understanding. They also allow the person watching an action to become more efficient at physically executing the action, creating changes in the brain, and altering the overall structure of the brain to enhance output for that chosen activity.Listening with intention can make you understand your colleague, and when paired together with mirroring body language, you can make your colleague feel like you two are alike. This simple trick can facilitate a greater bond of understanding and communication within all aspects of the conversation. Eliminate All Distractions, Once and for All As Jim Rohn says, "What is easy to do is also easy not to do." And this is an underlying principle that will carry through in all aspects of communication. Distractions are a surefire way to ensure a lack of understanding or interpretation of a conversation, which in turn, will create inefficiencies and a poor foundation for communication. This should come as no surprise, especially in this day in age where people are constantly distracted by social media, text messaging, and endlessly checking their emails. We're stuck in a cultural norm that has hijacked our love for the addictive dopamine rush and altered our ability to truly focus our efforts on the task at hand. And these distractions aren't just distractions for the time they're being used. They use up coveted brainpower and central processes that secondarily delay our ability to get back on track.Gloria Mark, a researcher at UC Irvine, discovered that it takes an average of 23 minutes and 15 seconds for our brains to reach their peak state of focus after an interruption. Yes, you read that correctly—distractions are costly, error-prone, and yield little to no benefit outside of a bump to the ego when receiving a new like on your social media profile.Meetings should implement a no-phone policy, video conference calls should be set on their own browser with no other tabs open, and all updates, notifications, and email prompt should be immediately turned off, if possible, to eliminate all distractions during a meeting.These are just a few examples of how we can optimize our environment to facilitate the highest levels of communication within the workplace. Actions Speak Louder Than Words Effective communication in the workplace doesn't have to be challenging, but it does have to be intentional. Knowledge can only take us so far, but once again, knowing something is very different than putting it into action.Just like riding a bike, the more often you do it, the easier it becomes. Master communicators are phenomenal listeners, which allows them to be effective communicators in the workplace and in life. If you genuinely want to own your communication, you must implement this information today and learn how to improve your listening skills. Choose your words carefully, listen intently, and most of all, be present in the moment—because that's what master communicators do, and you can do it, too! More Tips Improving Listening SkillsFeatured photo credit: Mailchimp via unsplash.com

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