

# PAST HABITS AND COSTUMS

A past habit is an action that was repeated, or a state that existed, over a period in the past but not now. We can talk about past habits using *used to* or *would* followed by an infinitive verb, or we can use the simple past tense.

It is most common to use *used to* followed by an infinitive verb to describe past habits:

- I used to play the violin at school. (I no longer play the violin)
- My brother used to speak French. (My brother no longer speaks French)
- We used to go to Spain for our holidays. (We no longer go to Spain for our holidays)

Remember that when you are asking a question, or you are giving a negative response, we use the infinitive use after *did* (although because of connected speech, this is only noticeable in writing - when you speak, it will be pronounced exactly the same as *used to*):

- Did you use to live here?
- I didn't use to live here.

Reference:

Wall Street English (2018). How to Teach Adverbs of Frequency in English. Retrieved from:

<https://www.wallstreetenglish.com/blog/how-to-teach-adverbs-of-frequency-in-english>