Always, Now, Past

Now

Past   Focus Time   Future

Time

Simple Always (Simple Present)

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Background information; facts, not necessarily at this very moment

Focus Time

Background information; normal; nonaction, not necessarily at this very moment

Present Continuous

Focus Time

Temporary, going on now, different from normal
There is some development, process, progress

Focus Time

Simple past

Complete action

Background information; normal; nonaction.

Focus Time

Past continuous

Temporary, different from normal