

Easy Shortcuts to Talk about the Past in Spanish Shortcut #5

In this lesson we will review a few easy conversational shortcuts to talk about the past in Spanish, without having to learn lots of conjugations.

This shortcut can be used to talk about actions you have been able to do in the past.

This shortcut uses the verb **“to be able to”** which in Spanish is **“poder”** conjugated in the present perfect tense.

Here it is:

- Yo he podido
- I have been able to
- Yo he podido

You can use that simple sentence as part of a shortcut to talk about things you have been able to do in the past.

Here's the shortcut:

**“Yo he podido” + unconjugated verb
+ additional information + a time in the past**

Here are a few examples:

- Yo he podido descansar bien ayer
- I have been able to rest well yesterday
- Yo he podido descansar bien ayer

- Yo he podido estudiar en la mañana
- I have been able to study in the morning
- Yo he podido estudiar en la mañana

- Yo he podido hablar con mi familia hace una semana
- I have been able to talk to my family 1 week ago
- Yo he podido hablar con mi familia hace una semana

If you want to express the opposite idea, you just need to add the word “**no**” before the auxiliary verb “**he**” (haber)

Like this:

“**Yo**” + “**no**” + “**he podido**”

+ **unconjugated verb + additional information**

+ **a time in the past**

Here are a few examples:

- Yo **no he** podido descansar bien ayer
- I **have not** been able to rest well yesterday
- Yo **no he** podido descansar bien ayer

- Yo **no he** podido estudiar en la mañana
- I **have not** been able to study in the morning
- Yo **no he** podido estudiar en la mañana

That’s all for this lesson.

Well done!