The word *being* is used in several different grammatical structures.

**Being + adjective**
The structure *being + adjective* is used to talk about actions and behavior.

Why are you *being* so silly?
You are *being* cruel when you hurt others with your words or actions.

Note that when the adjective refers to feelings, the continuous form is not possible.

I *was* upset when I heard that I had failed the test. (NOT I *was being* upset when I … Here we are talking about the speaker’s feelings and hence a continuous form is not possible.)
I *am* delighted to hear that you have won the first prize. (NOT I *am being* delighted …)

**Being + past participle**
Being can be followed by a past participle. This structure is used in the passive forms of present and past continuous tenses.

Compare:

Mother is cooking dinner. (Active)

Dinner is being cooked by mother. (Passive)

They are repairing the roof.

The roof is being repaired.

I am quite sure that somebody is following me. (Active)

I am quite sure that I am being followed. (Passive)
Uses of being

Being in participle clauses

Instead of a because /as / since clause, we sometimes use an adverbial participle clause with being. This structure is mainly used in a formal or literary style.

Compare:

Being late, he couldn’t watch the show. (= Because he is late, he couldn’t watch the show.)

Being a friend of the Minister, I am often invited to official parties. (= As I am a friend of the Minister, I am often invited to official parties.)

Being quite slim, I managed to squeeze through the small opening in the wall. (= Since I was quite slim, I managed to squeeze through the small opening in the wall.)