The Proper Use of See, Saw, and Seen

Present Tense: see --
(the action is happening NOW in the present)

Everyday I see my neighbor, and everyday he sees me.  
“I see something lying on the road up ahead.”

Past Tense: saw --
(the action is over)

Yesterday I saw my neighbor mowing his lawn.  
Last year, I saw the Super Bowl in person.

Past Participle: seen --
(used with have, has, is, was, will be, had been, etc.)

In the past, I have seen two rainbows in the sky at once.  
Before we had seen ten minutes of the movie, the projector broke.  
In this film, Tom Hanks is seen as a mad scientist who invents a formula for invisibility.  
Never ever say or write “I seen.”  
Say, “I HAVE seen” or “I HAD seen.”

Remember: The word seen must never follow directly after the words I, he, she, we, they, Bob, Mary (any person’s name).