Helping Verbs, Auxiliary Verbs - Have and Has, Had:
A helping verb is used with another verb to form its conjugations. Helping verbs (auxiliary verbs) are action, state, or being words that are used together with other verbs to express changes of thought such as voice, mood, tense and other shades of meaning. Say it! Write it! Repeat it!

I have worked.

You have worked.

He, she, or it has worked.

We have worked.

You all have worked.

They have worked.

Mark has worked.

Matt has worked.
Helping Verbs, Auxiliary Verbs - Have and Has, Had:

A helping verb is used with another verb to form its conjugations. Helping verbs (auxiliary verbs) are action, state, or being words that are used together with other verbs to express changes of thought such as voice, mood, tense and other shades of meaning. Say it! Write it! Repeat it!

I had worked.

You had worked.

He, she, or it had worked.

We had worked.

You all had worked.

They had worked.

Mark had worked.

Matt had worked.