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□ Lesson: The Present Perfect Continuous Tense

◆ 1. Definition

The **Present Perfect Continuous Tense** is used to talk about **an action that started in the past and is still continuing now or has recently stopped, but we can still see the result.**

Example:

- I have been studying English for two years.
(= I started two years ago and I am still studying now.)

◆ 2. Structure (Form)

Subject **have/has been verb + ing**

I / You / We / They have been working / studying / playing

He / She / It has been working / studying / playing

Examples:

- She has been reading for two hours.
- They have been waiting since morning.

◆ 3. Usage (When to Use)

🕒 a. To show an action that started in the past and continues now

I have been learning English for three years.
(I am still learning.)

🕒 b. To show an action that has recently stopped but has a result now

He is tired because he has been running.
(He stopped running, but we can see he is tired.)

🕒 c. To emphasize the duration of an action

We have been working all day.

◆ 4. Time Expressions

Common words used with the Present Perfect Continuous:

- **for** → for two hours, for a long time, for five years
- **since** → since morning, since 2020, since I was a child
- **lately / recently** → I have been feeling tired lately.

◆ 5. Differences Between Present Perfect and Present Perfect Continuous

Present Perfect

Present Perfect Continuous

Focuses on the **result**

Focuses on the **activity or duration**

I have written three emails. I have been writing emails all morning.

(The result: three emails) (The action: writing)

◆ 6. Negative Form

Subject **have/has not** **been verb + ing**

I / You / We / They have not (haven't) been working

He / She / It has not (hasn't) been working

Examples:

- I have not been watching TV.
- He has not been studying much lately.

◆ 7. Questions

Have / Has Subject been verb + ing ?

Have you been working?

Has she been studying?

Examples:

- Have you been waiting long?
- Has it been raining?

◆ 8. Exercises

A. Fill in the blanks with the correct form of the verb in brackets:

1. She _____ (study) for three hours.
 2. They _____ (work) since 8 o'clock.
 3. It _____ (rain) all day.
 4. I _____ (read) this book for a week.
 5. He _____ (not / sleep) well lately.
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B. Choose the correct answer:

1. I ___ been watching TV for two hours.
a) have b) has c) am
 2. She ___ been cooking all morning.
a) have b) has c) is
 3. They ___ been working hard lately.
a) has b) have c) were
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C. True or False:

1. The Present Perfect Continuous is used for finished actions. (___)
 2. "She has been running" means the action started in the past and may still continue. (___)
 3. We use "since" with exact points in time. (___)
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◆ 9. Answers

A.

1. has been studying 2. have been working 3. has been raining 4. have been reading
5. has not been sleeping

B.

1. a) have 2. b) has 3. b) have

C.

1. False 2. True 3. True

◆ 10. Conclusion

The **Present Perfect Continuous** helps you describe actions that connect the **past with the present**. Remember to use **have/has + been + verb-ing** and to add time expressions like **for** and **since**.

Practice speaking and writing with this tense every day to make your English more natural!