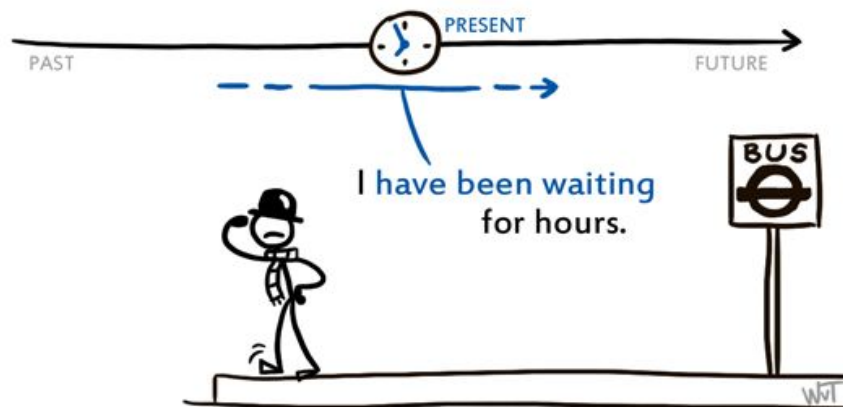


Present Perfect Continuous

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We use the Present Perfect Continuous to show that something started in the past and has continued up until now. "For five minutes," "for two weeks," and "since Tuesday" are all durations which can be used with the Present Perfect Continuous.



Present Perfect Continuous



Affirmative form

I
YOU
WE
THEY

have

been

Ving

HE
SHE
IT

has

Examples: I **have been watching** the movie for half an hour.

They **have been doing** their homework since 5 p.m.

He **has been playing** football for 3 years.

She **has been swimming** since she was 3 years old.



Present Perfect Continuous

Interrogative form

HAVE



I
YOU
WE
THEY

been

Ving ?

HAS



HE
SHE
IT

Examples: **Have** you **been watching** the movie for 10 minutes?

Have they **been doing** their homework since morning?

Has he **been reading** the novel for 5 days?

Has she **been eating** an apple?

Present Perfect Continuous



Negative form

I
YOU
WE
THEY



have

not

been

Ving

HE
SHE
IT



has

Examples: I **have not been watching** the movie for half an hour.

They **have not been doing** their homework since 5 p.m.

He **has not been playing** football for 3 years.

She **has not been swimming** since she was 3 years old.

You can also use the Present Perfect Continuous **WITHOUT** a duration such as "for two weeks." Without the duration, the tense has a more general meaning of "lately." We often use the words "lately" or "recently" to emphasize this meaning.



She has been cleaning half of the floor of the house.

Examples:

- Recently, I have been feeling really tired.
- She has been watching too much television lately.
- Have you been exercising lately?
- Mary has been feeling a little depressed.
- Lisa has not been practicing her English.
- What have you been doing?

Present Perfect Progressive

A Mary **has been studying** for 4 hours.



B Ted **has been digging** the garden.
He's covered in mud.



B Tom **has been painting** his house. His hair is all red.



A Janet **has been ironing** some shirts and jeans since 11pm.



USES

A. Duration from past until now.

B. Recent Action