

Present Perfect Continuous Tense

The present perfect continuous (also known as the present perfect progressive) is a verb tense used to talk about something that started in the past and is continuing at the present time.

*"I **have been working** on this project for three months."*

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

In this sentence, using the present perfect continuous conveys that working on the project is an activity that began sometime in the past and is not yet finished in the present.

How to form the present perfect continuous

The formula for the present perfect continuous tense is

has/have been + [present participle (root form of verb + -ing)]

Recently and *lately* are words that we often find with verbs in the present perfect continuous tense.

Not all verbs are compatible with continuous action. Verbs that describe states and conditions, such as to be and to own, for example, do not make sense in the present perfect continuous tense. When you want to show that what is being described by one of these verbs continues up to the present, you use the regular present perfect tense.

*"The team is feeling the pressure; they **have been debugging** the software for days."*

*"How long **have you been collaborating** with the design team on the user interface?"*

*"You **have been optimizing** the database queries."*

