

## Present Perfect Continuous (Nivel B1)

### Use:

Use present perfect continuous in two situations.

1) You started something in the past and you are still doing it now.

**I've been working all morning** (and I'm still working now).

2) You have just finished doing something. The effects of this activity can still be seen.

**I've been gardening, so my hands are dirty.**

### Form:

Form the present perfect continuous in this way.

### **Positive and Negative**

I, you, we, they	have / haven't 've / 've not	been	verb + ing
he, she, it	has / hasn't 's / 's not		

Examples: **You've been eating chocolate. I've not been sleeping well.**

### **Questions**

Have Has	I, you, we, they he, she, it	been	verb + ing?
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Examples: **Have you been drinking? Has Emily been seeing her ex-boyfriend?**

Tomado de: [https://www.examenglish.com/grammar/B1\\_presperf\\_continuous.htm](https://www.examenglish.com/grammar/B1_presperf_continuous.htm)