



# Present Perfect Continuous Tense

Grammar > Intermediate 6



## Exercise 1 – Learning

The **Present Perfect Continuous** is the continuous form of the Present Perfect Simple.

We use this tense to show that **an action started in the past and is still continuing now**, this is called **continuity**.

### How to Form the Present Perfect Continuous Tense

Positive form: **have/has been + verb-ing**

- I **have been walking** for five hours. (I've **been walking** for five hours.)
- You **have been walking** for five hours. (You've **been walking** for five hours.)
- He/She/It **has been walking** for five hours. (He/She/It's **been walking** for five hours.)
- We **have been walking** for five hours. (We've **been walking** for five hours.)
- They **have been walking** for five hours. (They've **been walking** for five hours.)



Negative form: **have/has + not + been + verb-ing**

- I **have not been cooking**. (I **haven't been cooking**.)
- She **has not been cooking**. (She **hasn't been cooking**.)

Interrogative form: '**the subject**' and '**have/has**' switch places

- **Have I been walking?**
- **Have you been sleeping?**
- **Has it been raining?**

### **Present Perfect Continuous Tense Usage**

Both the Present Perfect Continuous and the Present Perfect Simple express continuity.

However, **continuity is only one of three possible meanings of a Present Perfect Simple verb**, while it is the only meaning of a Present Perfect Continuous verb.



## **Present Perfect Simple**

- **I have worked as a pilot for 10 years.**

*Immediate Past:* I have worked as a pilot for 10 years *until now*.

*Experience:* I have *experienced* working as a pilot for 10 years sometime before.

Continuity: I have *continued* working as a pilot for 10 years until now.

Since there are at least 3 different ways to interpret this expression, it is not clear whether the action is continuing now, unless the context tells you.

## **Present Perfect Continuous**

- **I have been working as a pilot for 10 years.**

Since there is only 1 meaning (I have continued working as a pilot for 10 years until now), it is clear that the action is continuing now.



## Exercise 2 – Fill in the Blanks

*Fill in the blanks with the present perfect continuous form of the verb in brackets.*

1. The pianist \_\_\_\_\_ a lot recently for his upcoming concert. (practice)
2. I \_\_\_\_\_ much this past month. (not exercise)
3. It \_\_\_\_\_ the whole week. (rain)
4. This computer \_\_\_\_\_ for more than two years. (not work)
5. The patient \_\_\_\_\_ for two days now. (sleep)
6. I \_\_\_\_\_ the news recently. (not read)
7. They \_\_\_\_\_ movies these days. (not watch)
8. We have a test next week, so we \_\_\_\_\_ a lot recently. (study)



## Exercise 3 – Sentence Construction

*Use what you learned in class to create sentences with your tutor.*

**Example:** leave the lights on. → You've been leaving the lights on.

### Content:

1. eat my food.
2. leave socks on the floor.
3. break our furniture.
4. let bugs in our room.
5. get on my nerves recently.
6. leave the door open.