



PRESENT PERFECT PROGRESSIVE TENSE

This tense describes an action that started in the past and it's still going on at the present moment or the action has an effect on the subject being referred to.

Examples:

I'm tired, I've been working all day.

In this example, the speaker is tired now because they started working at some time in the past and they are still tired. We don't know if the person stopped working or if they are continuing to work.

I've been writing all day long, my fingers are sore.

In this example, the person started to write at some point in the past which continues to affect the conditions of their fingers, that is they are sore. We don't know if the person finished writing or not.

A: Juan, have a beer.

B: No thanks, I've been drinking all day.

In this example person B is refusing a beer because they were drinking all day and now person B wants to stop drinking.

A: How long have you been waiting for her?

B: I've been waiting for her for a half an hour and she still isn't here.

In this example person B started waiting for a woman at some point in time in the past, but person B is still waiting because the friend hasn't arrived yet.

A: You look awful! What's wrong with you?

B: I've been feeling really bad lately, I think I'm sick.

In this case person B started feeling sick at some point in the past, but they are still feeling sick at the present time.

A: Hey, your English is great! How long have you been studying it?

B: I've been studying English for two years now.

In this example person B started studying English two years ago and he/she is still studying English now.

The structure for the Present Perfect Continuous Tense is as follows:

SUBJECT	+ HAVE/HAS BEEN	+ VERB IN ING	+ COMPLEMENTIZER
I	have been	dating	her for a long time.
You	have been	eating	since 12:00 PM.
She	has been	singing	since she was a child.
He	has been	swimming	all day.
It	has been	raining	since this morning.
We	have been	watching	a good movie.
They	have been	dancing	all night.



Note: Don't confuse the present continuous and the present perfect continuous. Notice the difference between the two tenses.

PRESENT CONTINUOUS:

Examples:

Turn the stereo off please, I'm studying.

I'm writing a letter.

I'm cooking right now.

In the above examples the action is continuing at the present moment without reference to the past.

PRESENT PERFECT CONTINUOUS:

Examples:

I've been studying for two hours.

I've been writing a letter for the last hour.

I've been cooking since 12:00 P.M.

In these examples the action is continuing, but the speaker has given a point of time in the past as a reference of when the action started.

The negative form of the present perfect continuous is as follows:

Examples:

I haven't been dating her for a long time.

You haven't had anything to eat since 12:00 P.M.

She hasn't been singing since she was a child.

He hasn't been swimming all day.

It hasn't been raining since this morning.

We haven't seen each other for a long time.

They haven't gone out for quite awhile.

Note: It is more common to use the contracted form of have not.

I haven't been.....

You haven't been.....

She hasn't been.....

He hasn't been.....

It hasn't been.....

They haven't been.....

We haven't been.....



Fill in the blanks with either “**for**” or “**since**” according with the information you have in the sentences.

Examples:

I’ve been watching this movie _____ the last forty minutes.

I’ve been waiting for the bus **for** two hours.

1. I have been waiting for the train _____ two hours.
2. I have been living in New York _____ 1070.
3. He has been studying English _____ he was in high school
4. My parents have been living in Florida _____ they retired.
5. We have been married _____ twenty-five years.
6. It has been raining _____ yesterday.
7. I have been working here _____ ten years.
8. I have been living by myself _____ I turned 18.
9. We have been waiting for this package _____ ten days.
10. My family and I have been staying in this hotel _____ one week.
11. We have been taking Spanish lessons _____ we visited Spain.
12. I have been working in this project _____ early this morning.
13. I have been going to the gym _____ two years now.
14. He has been learning how to drive a car _____ last year.
15. My mother has been working for the bank _____ she was 21.
16. I have been writing this book _____ five years.
17. He has been teaching English in this school _____ 1976.
18. He has been driving a truck _____ twenty years.

19. You have been doing this exercise _____ 30 minutes.

20. I have been learning many things _____ I got this job.