

# Present Perfect Continuous Tense

## Definition:

- ❖ The present perfect continuous tense is used to describe actions that started in the past and are still continuing or have recently stopped, with a focus on the duration or ongoing nature of the action.
- ❖ It emphasizes the activity itself and its duration rather than the result.

## Formation / Structure:

### 1. Affirmative:

Subject + has/have + been + present participle

#### Examples:

She **has been reading** that book for two hours.

They **have been working** on the project all day.

## 2. Negative:

Subject + has/have + not + been + present participle

### Examples:

He **has not been studying** lately.

We **have not been exercising** regularly.

## 3. Question:

Has/Have + subject + been + present participle?

### Examples:

**Has** she **been cooking** all afternoon?

**Have** they **been waiting** for the bus?

## Usage

### 1. Actions in Progress:

Use the present perfect continuous to describe actions that started in the past and are still ongoing at the present moment.

#### Example:

I **have been working** here for five years. (The action started in the past and is still continuing.)

### 2. Duration of an Action:

It is used to emphasize the duration of an action that has been happening continuously or intermittently.

#### Example:

They **have been studying** for three hours. (Focuses on the length of time they have been studying.)

### 3. Recently Finished Actions with Present Results:

The tense can also describe actions that have recently finished but have a noticeable effect or result in the present.

**Example:**

She **has been running**. She is out of breath now. (The action has recently finished, affecting her current state.)

### 4. Temporary Actions:

It can describe temporary situations or actions that are not habitual or permanent.

**Example:**

I have been staying with a friend while my house is being renovated. (Temporary situation.)

## Time Expressions

- ❖ The present perfect continuous tense often uses time expressions such as:

- ❖ **For:** Refers to the duration of time something has been happening.
- ❖ **Example:** He has been studying for an hour.
- ❖ **Since:** Indicates the starting point of the action.
- ❖ **Example:** They have been playing tennis since noon.
- ❖ **Lately:** Used to describe recent actions.
- ❖ **Example:** I have been feeling tired lately.

## Common Errors

### 1. Using the Simple Present Continuous Instead:

**Incorrect:** I am working here for three years.

**Correct:** I have been working here for three years.  
(Emphasizes the duration and ongoing nature.)

### 2. Mixing with Simple Past:

**Incorrect:** I had been waiting for the bus and then I went home.

**Correct:** I have been waiting for the bus and then I went home. (The action of waiting is ongoing or recently finished.)

### 3. Omitting "Been":

**Incorrect:** She has running every day for a month.

**Correct:** She has been running every day for a month.  
(Ensure to include "been" for correct formation.)

The present perfect continuous tense highlights the activity itself and its duration, linking past actions to the present and focusing on the ongoing nature or the recent completion of an action.