

# Present Perfect Continuous

## FORM

[has/have + been + present participle]

Examples:

- You **have been waiting** here for two hours.
- **Have you been waiting** here for two hours?
- You **have not been waiting** here for two hours.

[Complete List of Present Perfect Continuous Forms](#)

## USE 1 Duration from the Past Until Now



We use the Present Perfect Continuous to show that something started in the past and has continued up until now. "For five minutes," "for two weeks," and "since Tuesday" are all durations which can be used with the Present Perfect Continuous.

Examples:

- They **have been talking** for the last hour.
- She **has been working** at that company for three years.
- What **have you been doing** for the last 30 minutes?
- James **has been teaching** at the university since June.
- We **have been waiting** here for over two hours!
- Why **has Nancy not been taking** her medicine for the last three days?

## USE 2 Recently, Lately



You can also use the Present Perfect Continuous WITHOUT a duration such as "for two weeks." Without the duration, the tense has a more general meaning of "lately." We often use the words "lately" or "recently" to emphasize this meaning.

Examples:

- Recently, I **have been feeling** really tired.
- She **has been watching** too much television lately.
- **Have you been exercising** lately?
- Mary **has been feeling** a little depressed.
- Lisa **has not been practicing** her English.
- What **have you been doing**?

## IMPORTANT

Remember that the Present Perfect Continuous has the meaning of "lately" or "recently." If you use the Present Perfect Continuous in a question such as "Have you been feeling alright?", it can suggest that the person looks sick or unhealthy. A question such as "Have you been smoking?" can suggest that you smell the smoke on the person. Using this tense in a question suggests you can see, smell, hear or feel the results of the action. It is possible to insult someone by using this tense incorrectly.

## REMEMBER Non-Continuous Verbs/ Mixed Verbs

It is important to remember that [Non-Continuous Verbs](#) cannot be used in any continuous tenses. Also, certain non-continuous meanings for [Mixed Verbs](#) cannot be used in continuous tenses. Instead of using Present Perfect Continuous with these verbs, you must use [Present Perfect](#).

Examples:

- Sam **has been having** his car for two years. **Not Correct**
- Sam **has had** his car for two years. **Correct**

## ADVERB PLACEMENT

The examples below show the placement for grammar adverbs such as: always, only, never, ever, still, just, etc.

Examples:

- You have **only** been waiting here for one hour.
- Have you **only** been waiting here for one hour?

## EXERCISES AND RELATED TOPICS

- [Verb Tense Exercise 7](#) Present Perfect and Present Perfect Continuous
- [Verb Tense Exercise 8](#) Present Perfect and Present Perfect Continuous
- [Verb Tense Exercise 9](#) Present Continuous and Present Perfect Continuous
- [Verb Tense Exercise 10](#) Present Continuous and Present Perfect Continuous
- [Verb Tense Exercise 14](#) Present Perfect, Past Perfect, Present Perfect Continuous, and Past Perfect Continuous
- [Verb Tense Exercise 15](#) Tenses with durations
- [Verb Tense Exercise 16](#) Present and Past Tenses with Non-Continuous Verbs
- [Verb Tense Exercise 17](#) Present and Past Tense Review
- [Verb Tense Practice Test](#) Cumulative Verb Tense Review
- [Verb Tense Final Test](#) Cumulative Verb Tense Review