Present Perfect Continuous is used:

 for actions which started in the past and continue up to the present.



They have been making biscuits since 11 o'clock. (They're still making biscuits.)

 for past actions of certain duration which have visible results or effects, in the present.

Bob is very tired. He has been working all day long.

 to express irritation, anger, annoyance, explanation or criticism.

Who has been reading my business papers? (showing anger)

 to put emphasis on duration, usually with for, since or how long.
 I've been typing letters since 9 o'clock.

Present Perfect is used:

for actions recently completed.



They have made a lot of biscuits. (The biscuits are on the plate, so the action has finished.)

for actions which happened at an unstated time.

James has bought a new car.

 to express personal experiences or changes which have happened.

I've lost a lot of weight.

to put emphasis on number.
 I've only typed three letters since 9 o'clock.

Note

With the verbs live, feel and work we can use either Present Perfect or Present Perfect Continuous with no difference in meaning. I've been living in London for a year. or I've lived in London for a year.

Non-continuous verbs are not used in Present Perfect Continuous (know, believe, see, like, love, taste, understand, want, etc.) I've known her since 2002.

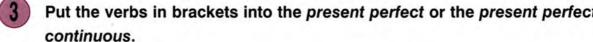
(NOT: I've been knowing her since 2002.)

Time adverbs used with Present Perfect Continuous:	Time adverbs and expressions used with Present Perfect:
for, since, how long	just, ever, never, always, already, yet, for, since, so far, how long, recently, today, this week / month / year, once, etc.

Present Perfect Continuous

2 Identify the speech situations, then complete the sentences by putting the verbs in brackets into the present perfect or the present present continuous.

anger or annoyance emphasis on duration	personal experience visible results
2 Frush	3
She	
(just/win) the race.	(you/read) my emails again?
5	6
The second secon	
He (try) skiing.	They (buy) a pet dog.
	emphasis on duration 2 She (just/win) the race.



•	A: My back hurts.
	B: That's because you 1) have been working (work) all day.
	A: I know. But at least I 2) (finish) with the gardening.
•	A: You look tired. What 3) (you/do)?
	B: I 4) (play) tennis with Evita.
	A: Oh yes. I 5) (see) her play before. She's good, isn't she?
	B: Yes, she is. She 6) (beat) me five times since the start of summer.

Present Perfect Continuous

Put the verbs in brackets into the present perfect or the present perfect continuous.



What for?

Ben:

Pam:

Ben:

Ben:

	Pam: What are you doing, Ben? Ben: I 1) 've been looking through. (look through) my old toy box all morning. It brings back lots of memories. Look, I 2) (find) my old train set!
	Pam: You 3)
Yes, Ben - it's a very nice train	But 6) (you/see) the time?
No Why?	
It's 10:30 am. Your boss 7) What for?	(just/phone) from the office.

Write one word for each space.

Oh no! I lost track of time!

Dear Jessica. How 1) are.... things? I'm sorry that I haven't sent you an email but I've been really busy lately. For the last two days, I have 2) organising a surprise party for my best friend, Sally. I have 3) decorated the house with balloons and coloured lights. I still have so many things to do but luckily, Sophie and Pat have been helping with the preparations. So far, Sophie 4) invited all our friends 5) Pat has bought Sally's present but we haven't ordered a cake or bought any snacks and soft drinks 7) be fine. 8) have you been doing lately? Have you decided 9) you'll visit us? I hope you can come during the summer holidays. I do miss you. Write soon. I can't wait 10) hear all your news. Love. Pamela

Pam: He 8) (wait) for you all morning. You have an important meeting.