**Lesson on the Present Perfect Continuous Tense**

**1. What is the Present Perfect Continuous Tense?**

The **Present Perfect Continuous tense** (also called the Present Perfect Progressive) describes actions or events that began in the past and continue into the present or have recently stopped, emphasizing their duration or ongoing nature.

**2. Forms of the Present Perfect Continuous Tense**

The Present Perfect Continuous has three forms: **affirmative**, **negative**, and **interrogative**.

**A. Affirmative Form**

**Structure**:  
**Subject + have/has been + Verb (-ing)**

|  |  |  |
| --- | --- | --- |
| Subject | Example Verb: "work" | Example Sentence |
| I/You/We/They | have been working | We have been working on this project. |
| He/She/It | has been working | She has been working since morning. |

**B. Negative Form**

**Structure**:  
**Subject + have/has not been + Verb (-ing)**

|  |  |  |
| --- | --- | --- |
| Subject | Negative Verb | Example Sentence |
| I/You/We/They | have not (haven’t) been working | They haven’t been working hard. |
| He/She/It | has not (hasn’t) been working | He hasn’t been working recently. |

**C. Interrogative Form**

**Structure**:  
**Have/Has + Subject + been + Verb (-ing)?**

|  |  |
| --- | --- |
| Question Format | Example Sentence |
| Have + I/you/we/they + been + verb (-ing)? | Have they been studying all day? |
| Has + he/she/it + been + verb (-ing)? | Has she been waiting for long? |

**3. Uses of the Present Perfect Continuous Tense**

The Present Perfect Continuous is used in the following contexts:

**A. Actions Continuing from the Past to the Present**

To describe actions that started in the past and are still happening now.

**Examples**:

* I have been studying for three hours. (I started studying in the past and am still studying now.)
* She has been working here since 2015.

**Time Expressions Often Used**:

* For (a period of time): *for two hours, for a long time*
* Since (a point in time): *since morning, since last week*

**B. Recently Stopped Actions (Emphasis on Duration or Effect)**

To describe actions that recently stopped but have results or effects in the present.

**Examples**:

* He has been running, and now he’s tired.
* Have you been crying? Your eyes are red.

**Time Expressions Often Used**:

* Recently, lately

**C. To Emphasize Duration**

To highlight how long an action has been happening.

**Examples**:

* We have been waiting for the bus for 20 minutes.
* She has been practicing the piano all afternoon.

**4. Examples in Sentences**

1. **Affirmative**:
   * I have been learning English for two years.
   * They have been working hard on their project.
2. **Negative**:
   * She hasn’t been sleeping well lately.
   * We haven’t been exercising enough.
3. **Interrogative**:
   * Have you been watching TV all evening?
   * Has he been feeling better these days?

**5. Common Mistakes to Avoid**

1. **Confusing the Present Perfect with the Present Perfect Continuous**:
   * *Incorrect*: I have worked here since 2020.
   * *Correct*: I have been working here since 2020. *(Use Present Perfect Continuous to emphasize ongoing activity.)*
2. **Forgetting “been” in the structure**:
   * *Incorrect*: She has working here for years.
   * *Correct*: She has **been working** here for years.
3. **Using Stative Verbs in Continuous Form**:  
   Some verbs are not typically used in continuous tenses because they describe states, not actions. These include:
   * **Mental states**: believe, know, think (opinion)
   * **Emotions**: love, hate, like
   * **Senses**: see, hear, smell  
     *Incorrect*: I have been knowing him for years.  
     *Correct*: I have known him for years.