

Emphasis of action that began in the past and continues up to the present	Present Simple Present Continuous Present Perfect
Changing or developing situations	Present Simple Present Continuous Present Perfect
Recently completed actions	Present Simple Present Continuous Present Perfect
Permanent situations or states	Present Simple Present Continuous Present Perfect
Temporary situations	Present Simple Present Continuous Present Perfect
Actions started at a stated time in the past and continuing up to the present	Present Simple Present Continuous Present Perfect
Permanent truths or laws of nature	Present Simple Present Continuous Present Perfect
Fixed arrangements in the near future	Present Simple Present Continuous Present Perfect
Past actions having visible results in the present	Present Simple Present Continuous Present Perfect
Repeated/habitual actions	Present Simple Present Continuous Present Perfect
Expressing anger, annoyance/criticism	Present Simple Present Continuous Present Perfect
Reviews/sports commentaries/dramatic narratives	Present Simple Present Continuous Present Perfect
Actions taking place at or around the moment of speaking	Present Simple Present Continuous Present Perfect

Personal experiences/changes that have happened

Present Simple  
Present Continuous  
Present Perfect

Timetables

Present Simple  
Present Continuous  
Present Perfect

Frequently repeated actions with 'always' expressing the speaker's annoyance

Present Simple  
Present Continuous  
Present Perfect

Actions which happened at an unstated past time  
and are connected to the present

Present Simple  
Present Continuous  
Present Perfect