Present Perfect Continuous

(have/has been +verb + ing)

An action that started in the past, and continued up until the present

- She for the last 2 hours. (read)
- He under the desk for the last hour. (sit)
- He on the phone since he got here. (talk)
- They the wrong medication for years. (take)
- Joe here since 1987. (work)
- Mary since 10 o'clock this morning. (swim)
- You nothing for the past hour! (do)
- We all day. (sunbathe)

To show something was happening lately or recently

- I better lately. (feel)
- He difficulty with his schoolwork. (have)
- She a lot recently. (study)
- We a bit down lately. (feel)
- Recently, he all the wrong foods. (eat)
- Lately, I much more frequently. (exercise)
- These days you far too much! (daydream)

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