d Circle the correct form. If both forms are possible, tick (✔) the sentence.

1 How long *have you lived / have you been living* abroad? ✔
2 *I've studied / I've been studying* Chinese for two years.
3 My parents *have had / have been having* the same car for ten years.
4 How long *has Mark played / has Mark been playing* the bass guitar?
5 Alex *has worked / has been working* in this school since he started teaching.
6 *I've known / I've been knowing* her for years.
7 *We've gone / We've been going* to the same dentist since we were children.
8 *You've worn / You've been wearing* the same coat for years!
9 How long *have you ridden / have you been riding* horses?
10 *I've washed / I've been washing* the car; it looks much cleaner now.

e What have you been doing recently? Write five sentences. Use the ideas from the list or your own ideas.

a book a hobby a job a new habit a sport a TV series your work/studies

I've been eating more vegetables because I want to be healthier.
I've got exams, so I've been studying.

1 _____
2 _____
3 _____
4 _____
5 _____

2 PRONUNCIATION sentence stress

a 2.3 Listen and complete the sentences.

1 I've been *travelling all day* _____.
2 _____ have they been _____?
3 She's been _____ since _____.
4 They _____ been _____ for _____.
5 We've been _____ the _____ _____.
6 I _____ been _____.

b 2.3 Listen again and repeat the sentences. Copy the rhythm.

LIVEWORKSHEETS