

Present perfect simple X present perfect continuous

I. Choose the correct option

1. I **have had / have been having** an accident with your car, Helen. I'm really sorry.
2. I don't believe it! Somebody **has eaten / has been eating** my chocolates! They have nearly been gone!
3. I **have waited / have been waiting** for you for ages! Where have you been?
4. I **have broken / have been breaking** a glass. I'm awfully sorry.
5. How many biscuits **have you eaten / have you been eating** today?
6. Why is your face so red? – I **have run / have been running**.
7. I **have never met / have never been meeting** a nicer person in my life.
8. How long **have you known / have you been knowing** Charles and Lisa?
9. He **has written / has been writing** a book for nearly a year. It'll be finished soon.
10. He **has written / has been writing** a book. I saw it in the bookshop last week.
11. The children are very quiet. They **have watched / have been watching** videos all morning.
12. They **have watched / have been watching** five videos already.

II. Present perfect simple or present perfect continuous?

1. I'm exhausted. I \_\_\_\_\_ all day, and I \_\_\_\_\_ yet.
2. He \_\_\_\_\_ a lot of jobs over the past few years.
3. Someone \_\_\_\_\_ my car keys.  
I \_\_\_\_\_ them for ages, I \_\_\_\_\_ them yet.
4. I \_\_\_\_\_ all morning, but I \_\_\_\_\_ anything.
5. That's one of the best jokes I \_\_\_\_\_.
6. A: You are really dirty. What \_\_\_\_\_?  
B: I \_\_\_\_\_ in the garden.
7. Everything is white! I \_\_\_\_\_.
8. I \_\_\_\_\_ you for the past half an hour, but I am afraid I \_\_\_\_\_ a single word.
9. A: Are you all right?  
B: No, I \_\_\_\_\_ on the computer for hours and I have got a headache.
10. I \_\_\_\_\_ to lose weight for ages.  
I \_\_\_\_\_ five kilos so far.