Present Perfect Continuous

1 We form the Present Perfect Continuous like this:

POSITIVE		
	FULL FORM	*SHORT FORM*
I/You/We/They	have	've
	been cooking.	been cooking.
He/She/It	has	's
	been cooking.	been cooking.
NEGATIVE		
I/You/We/They	have not	haven't
He/She/It	has not	hasn't
	been cooking.	been cooking.
QUESTIONS		
Have	I/you/we/they	been cooking?
Has	he/she/it	been cooking?

(For details about **-ing** forms see Appendix 2, on page 243.)

2 We use the Present Perfect Continuous for an action or situation that began in the past and continues until now:

*You're late! **I've been waiting** for you.*

We often use **for** and **since** with the Present Perfect Continuous. We use **for** with a period of time, and **since** with a point in time:

*I've been waiting for you **for two hours.***
*I've been waiting for you **since six o'clock.***

3 Here are some more examples:



PAST NOW

*Julia **has been talking** on the phone for an hour.* (= She started talking on the phone an hour ago and she is still talking.)
*You **'ve been sitting** there since one o'clock.* (= You started sitting there at one o'clock and you are still sitting there.)

4 We use the Present Perfect Continuous for actions that are done many times in a period of time from the past until now:

*She's **been having** driving lessons for a couple of months.* (= She started a couple of months ago; she is still having lessons.)
*I've **been playing** tennis since I was a small child.*

5 We can use **How long ...?** with the Present Perfect Continuous:

*How long **have** you **been living** here? I **have been living** here for three years.*

Practice

A **Complete the sentences by putting the verbs in brackets ( ) into the Present Perfect Continuous.**

► She has been learning ..... (she/learn) Spanish for six months.
1 The roads are very wet; ..... (it/rain) for hours.
2 ..... (we/play) this game for hours. Let's stop now!
3 ..... (Wendy/learn) French at school for three years.
4 ..... (I/read) this book for months, but I haven't finished it yet.
5 ..... (we/watch) this programme for hours.
6 ..... (the neighbours/make) a lot of noise again today?
7 ..... (I/save) my money for a holiday.
8 ..... (you/listen) to me carefully?

LIVEWORKSHEETS

B Put *for* or *since* into the gaps.

▶ I've been working in this office *since* ..... last summer.

1 Have you been doing this course ..... a long time?
2 I've been driving this car ..... more than ten years.
3 She has been planning the party ..... the beginning of the month.
4 George has been telling the same stories ..... several years.
5 We've been waiting for a reply ..... we wrote to them last week.
6 What have you been doing ..... the last time that I saw you?
7 You've been writing that letter ..... more than two hours.
8 He's been feeling ill ..... a few days.

C Write sentences to describe what each member of the Wyatt family has been doing to prepare for Christmas. Use words from the box and the Present Perfect Continuous to describe the pictures.

wrap	make
decorate	shop
write	put up
a cake	cards
~~decorations~~	presents
the tree	for food



▶ John has been putting up decorations.

1 Mary and Stephen .....
2 Martha .....
3 Delia .....
4 Tom .....
5 Joanna .....

D Write a sentence for each of the following situations, using the Present Perfect Continuous and ***for*** or ***since***.

▶ She started her course a month ago and she is still doing it.
She has been doing her course for a month.

▶ I started reading this novel last weekend and I'm still reading it.
I have been reading this novel since last weekend.

1 It started raining at three o'clock and it is still raining.
.....

2 He started playing chess when he was ten and he still plays it.
.....

3 I started work at eight o'clock and I'm still working.
.....

4 Helen started looking for another job two months ago and she's still looking.
.....

5 We arrived here two hours ago and we're still waiting.
.....

LIVEWORKSHEETS