Present Perfect
Present Perfect Continuous

Present Perfect	Present Perfect Continuous
Have\has + done	Have\has been doing
Just, already, ever, never, recently, yet, lately	For some time, Since a certain moment
I have spoken to her today.	I have been working here since he arrived.

How long have your parents been working?
Have you ever been to London?
How long have you been working on this book?
Have you read the letter?
She _____(to cry) ever since you saw her.
It's a long time since I _____(to smoke) my last cigarette.
Why are you tired? _____(to work) for a long time?
She _____(to finish) doing her work.
She _____(to do) her homework since morning.
They _____(to play) football since you left them.
I _____(to know) him since childhood.
Don't describe his place to me! I _____(to be) there!

Present Perfect Continuous
Is not used with
To know, to understand
To love, to hate, to like