

Present Perfect Continuous

FORM

[has/have + been + present participle]

Examples:

- You **have been waiting** here for two hours.
- **Have you been waiting** here for two hours?
- You **have not been waiting** here for two hours.

[Complete List of Present Perfect Continuous Forms](#)

USE 1 Duration from the Past Until Now



We use the Present Perfect Continuous to show that something started in the past and has continued up until now. "For five minutes," "for two weeks," and "since Tuesday" are all durations which can be used with the Present Perfect Continuous.

Examples:

- They **have been talking** for the last hour.
- She **has been working** at that company for three years.
- What **have you been doing** for the last 30 minutes?
- James **has been teaching** at the university since June.
- We **have been waiting** here for over two hours!
- Why **has Nancy not been taking** her medicine for the last three days?

USE 2 Recently, Lately



You can also use the Present Perfect Continuous **WITHOUT** a duration such as "for two weeks." Without the duration, the tense has a more general meaning of "lately." We often use the words "lately" or "recently" to emphasize this meaning.

Examples:

- Recently, I **have been feeling** really tired.
- She **has been watching** too much television lately.
- **Have you been exercising** lately?
- Mary **has been feeling** a little depressed.
- Lisa **has not been practicing** her English.
- What **have you been doing**?

