

*Remember?*

**Present  
Perfect  
Continuous**

*When do you use it  
again?*

# Something started in the past and still continues B1

- I have been waiting for 3 hours.
- We've been painting since this morning.
- He's been sleeping for 5 hours now.

# Action in the past with present result

## B1

- A: Why are you so tired?
- B: I **have been working** all day.
- What's that smell? **Have you been cooking?**

# Present perfect vs Present perfect cont Completed vs Ongoing B2

- **I've painted** the room.  
(finished)
- **I've been painting** the room.  
(still in progress)

# Present perfect vs Present perfect cont Result vs Duration B2

- I have cleaned the house.  
(focus on the result)
- I've been cleaning for 5  
hours. (focus on the time)

# Present perfect vs Present perfect cont How many vs How long B2

- I've written 5 reports. (How many)
- I've been writing reports all day. (How long)

# Present perfect vs Present perfect cont State vs Action B2

- We ve been a couple for 8 years.(state)
- We ve been dating for 3 months.(action)