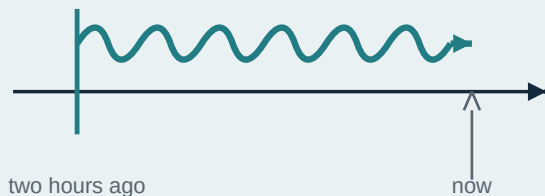


PRESENT PERFECT CONTINUOUS

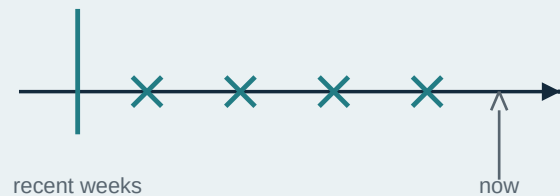
B1-B2 | Grammar reference guide

1 Look at the diagrams below.

I have been studying for two hours.



She has been running every morning.



2 Read the key idea.

We use the present perfect continuous for an activity continuing up to now or recently stopped.

It can also describe repeated activity over a recent period of time.

3 Notice the useful time words.

USEFUL TIME WORDS

for | since | all day | lately | recently | how long

4 Read the example sentences.

Duration:

I have been studying for two hours.

Negative:

He has not been sleeping well lately.

Repeated:

She has been running every morning.

Question:

How long have you been waiting?