



Present Perfect

CONTINUOUS

esl-inventory.com



**Actions started in the past and in progress now**

I **have been teaching** online for 7 years.  
How long **have you been waiting** here?

The focus is *duration*, not result.



**Actions that just stopped and have a visible result**

You're out of breath, **have you been running**?  
I'm exhausted, I've **been working** in the garden all day.

The action may be finished, the *consequence* is present.



**Temporary, repeated action around the present**

They **have been arguing** a lot lately.  
She **hasn't been studying** so much recently.

More *temporary* than Present Perfect Simple

