Present Perfect
CONTINUOUS

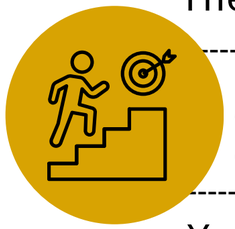
esl-inventory.com



Actions started in the past and in progress now

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

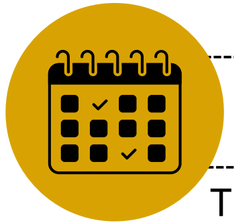
The focus is *duration*, not result.



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, but its *result* is visible.



Temporary or repeated action around the present

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

Often emphasizes *temporary* situations.