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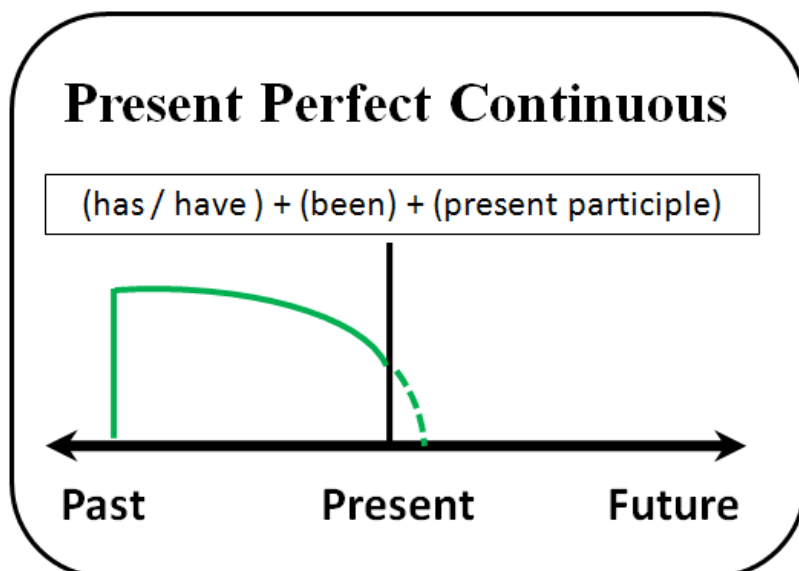
The **Present Perfect Continuous** is a verb tense used to express a *continuing activity* in the past that still influences the present moment. But unlike Present Perfect, it puts the focus on the **duration** of the activity, not the result.



via <http://english-bird.ru/present-perfect-for-dummies/>

The Present Perfect Continuous expresses an activity that started in the past, is still in progress now, and might continue in the future. It is used to show that an activity in the past was *in progress*.

Here's a depiction of what Present Perfect Continuous means:



via <http://begin-english.ru/article/present-perfect-continuous/>

This activity might *just have stopped* or might *still be happening*:

- *I **have been painting** the house all day. I am exhausted. (past activity affects the present moment)*
- *He's **been fixing** his car. He's covered in oil. (while fixing is still taking place)*

How to form Present Perfect Continuous

To make the Present Perfect Continuous, use:

have/has + been + the '-ing' form of the verb ([Present Participle](#))

Note: To form the Present Participle we add **'-ing'** to the base form of the verb. For spelling rules when adding **'-ing'**, see our article on [participles](#).

Singular

Plural

*I **have (I've) been skating** We **have been skating***

*You **have been skating** You **have been skating***

*He/she/it **has been skating** They **have been skating***

- *I've **been cooking** this evening. Now I have to do the dishes.*
- *Jane's **been running** her first marathon today, and she is very happy with her net time.*

When to use Present Perfect Continuous

The Present Perfect Continuous is used to convey the following meanings.

Unfinished actions - activity

We use Present Perfect Continuous to show that something started in the past and has continued up until now. The focus is on the *activity*. We often use this with *'for'* and *'since'*.

- *We've **been waiting** for the bus for hours.*
- *They **have been travelling** since last October.*

Temporary habits or situations

We can use Present Perfect Continuous to show an action that started in the past and continues to the present, but without stating *'how long'* so clearly. Instead, we use a word like *'recently'*.

- *I've **been going** to the gym a lot recently.*
- *They've **been living** with his parents while they look for a house.*

Recent finished actions - result

We use Present Perfect Continuous tense to talk about action that started in the past and stopped *recently*. There is usually a result **now**.

- *She **has been cooking** since last night. (= and the food on the table looks delicious)*
- *It's **been raining**. (= and the streets are still wet)*

Non-continuous verbs

It is important to remember that [non-continuous verbs](#) cannot be used in any continuous tenses. Instead of using Present Perfect Continuous, we must use [Present Perfect](#).

- *Sam **has had** his car for two years.*
- NOT: *Sam ~~**has been having**~~ his car for two years.*

Watch this video from Anglo-Link for some useful tips on using Present Perfect Continuous:

More on Present Perfect Continuous:

[Present Perfect Continuous: Negative & Questions](#)

[Present Perfect or Present Perfect Continuous?](#)

[Present Perfect Continuous or Past Perfect Continuous?](#)