

PRESENT PERFECT CONTINUOUS CHART



Positive +

subject	+ have/has	+ been	+ verb-ing
I	've / have	been	painting . Sorry about the mess.
You	've / have	been	watching TV all night. Go to bed.
He	's / has	been	sleeping all day.
She	's / has	been	playing golf since she was 12 years old.
It	's / has	been	snowing all night. The ground is white.
We	've / have	been	working for 3 hours. Let's take a break.
You	've / have	been	training hard and it's starting to pay off.
They	've / have	been	practising all week for the concert.

Negative -

subject	+ haven't/hasn't	+ been	+ verb-ing
I	haven't	been	studying enough recently.
You	haven't	been	learning English for long. You'll improve.
He	hasn't	been	driving much recently. He prefers cycling.
She	hasn't	been	feeling well for a few days.
It	hasn't	been	raining long, but the pitch is already wet.
We	haven't	been	playing football. We've been playing golf.
You	haven't	been	training enough. We're going to lose.
They	haven't	been	waiting long. Don't worry.

Question ?

have/has	+ subject	+ been	+ verb-ing ?
Have	I	been	sunbathing for over an hour?
Have	you	been	studying French for long?
Has	he	been	skiing before?
Has	she	been	smoking ? Do you smell it on her breath?
Has	it	been	raining all day?
Have	we	been	working together for over a year?
Have	you	been	living together since 2016?
Have	they	been	waiting for over thirty minutes?

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