

# The Present Perfect Continuous Tense



# Formation

The Present Perfect Continuous Tense is formed with *the subject* plus *the present participle form (-ing)* of the main verb and the present perfect tense of the verb *to be*: **have been** (with *I/We/You/They*) or **has been** (with *He/She/It*):

Affirmative	Negative	Interrogative
You <b>have been</b> swimming You've <b>been</b> swimming	You <b>have not been</b> swimming You <b>haven't been</b> swimming	<b>Have</b> you <b>been</b> swimming?
He <b>has been</b> swimming He's <b>been</b> swimming	He <b>has not been</b> swimming He <b>hasn't been</b> swimming	<b>Has</b> he <b>been</b> swimming?

# Use 1: actions and situations continuing up to now

We use The Present Perfect Continuous for unfinished actions that started in the past and continue up to now. This is common when we talk about duration: how long things have been going on. Words like *since*, *for* and *how long* are commonly used in this case.

- It **has been raining** since morning.
- I **have been looking** for you for the last half hour.
- How long **have** you **been working** here?