



Present Perfect Continuous Tense

The present perfect continuous tense is used to describe an action that began in the past and has just recently stopped or continued to the present. In this tense, the speaker is thinking about a situation or action that began but probably did not finish at the time the speaker made that statement. The speaker is interested in the process as well as the outcome, and this process has just finished or still ongoing.

To form a present perfect continuous tense, you need to add the present perfect form of the verb "to be" (has/have been) and the present continuous form of your main verb (main verb + ing). The specific words "for" and "since" are used when making a present perfect continuous statement to show the time of action.

Examples:

1. I **have been working** in the kitchen since I returned from work (finished process).
2. She **has not been coming** to school lately.
3. They **have been discussing** the issue for about an hour and couldn't reach an agreement yet (the outcome of the ongoing process).
4. **Haven't you been telling** lies since the year began?