

English With Nimafar

Present Perfect (Continuous)

Overview:

The **Present Perfect (Continuous)** is a fundamental grammar point that helps connect past actions to the present. 🎯 By the end of this lesson, you'll be better able to use the **Present Perfect** fluently and naturally in daily conversations! 🗣️

Date:

07/02/2025

What is the Present Perfect? 🤔

The **Present Perfect** is a **mix** of past and present. We use it when:

- ✓ An action that **happened in the past** but **has a connection to now**.
- ✓ The **exact time is not important** or **not mentioned**.

When Do We Use the Present Perfect? 📅 17

◆ Life Experiences (Ever/Never)

- Have you ever traveled abroad? 🌍
- I have never seen a ghost. 👻

◆ Recent Actions (Just/Already/Yet)

- She has just finished her homework. ✓
- We have already eaten dinner. 🍴
- He hasn't arrived yet. ⌚

◆ Actions Started in the Past & Still Happening (For/Since)

- I have lived here for ten years. 🏠
- She has worked here since 2020. 📅

◆ **Multiple Actions Over Time (So far/Up to now)**

- I have read three books this month. 📖
- He has visited many countries. ✈️

How to Form the Present Perfect? 🔧

◆ **Positive:** *Subject + have/has + past participle (P.P)*

- ✅ **I have visited** Paris.
- ✅ **She has studied** English for years.

◆ **Negative:** *Subject + have/has + not + past participle (P.P)*

- ❌ **I haven't eaten** sushi before.
- ❌ He **hasn't finished** his work yet.

◆ **Questions:** *Have/Has + subject + past participle (P.P)?*

- ❓ **Have** you ever **tried** skydiving?
- ❓ **Has** she **called** you today?

Present Perfect vs. Past Simple 🧐

Present Perfect	Past Simple
I have lost my keys. (Still lost)	I lost my keys yesterday. (Finished)
She has lived here for 5 years. (Still lives here)	She lived here for 5 years. (Not anymore)
Have you ever been to Spain?	Did you go to Spain last summer?

◆ **Key Difference:** If you mention a **specific time**, use **Past Simple!** If you don't, use Present Perfect.

Present Perfect Continuous

The **Present Perfect Continuous** (also called the **Present Perfect Progressive**) is used to describe actions that **started in the past and are still continuing now or recently stopped with visible effects**.

When Do We Use the Present Perfect Continuous?

1 Actions Started in the Past & Still Happening Now

- I have been reading this book for two hours. 📖
- They have been living in London since 2010. 🏠
- She has been learning Spanish for six months. 🗣️

◆ FOR vs. SINCE:

- ✓ For + a period of time (2 hours, 3 weeks, 10 years)
- ✓ Since + a specific point in time (yesterday, Monday, 2005)

2 Actions That Recently Stopped & Have Present Effects

- I am tired because I have been running. 🏃
- He is sweating because he has been playing soccer. ⚽
- You look sleepy! Have you been working all night? 🌙

3 Repeated Actions Over Time

- She has been calling me all day. 📞
- The company has been losing money for months. 📉

How to Form the Present Perfect Continuous?

Structure:

✓ Affirmative:

Subject + have/has + been + verb (-ing)

- **I have been studying** English for two years.
- **She has been working** since morning.

✗ Negative:

Subject + have/has + not + been + verb (-ing)

- I **haven't been sleeping** well lately.
- He **hasn't been feeling** well since yesterday.

? Questions:

Have/Has + subject + been + verb (-ing)?

- **Have** you **been exercising** regularly?
- **Has** she **been learning** French?

Present Perfect vs. Present Perfect Continuous

Present Perfect	Present Perfect Continuous
Focus on the result	Focus on the duration
I have written three articles. 📝	I have been writing articles all day. ⌚
She has painted the house. 🏠	She has been painting the house for 5 hours. ⌚
They have worked here since 2010. 📁	They have been working here since 2010.

🚀 Golden Rules:

- ✓ Use **Present Perfect** when the **result** is more important.
- ✓ Use **Present Perfect Continuous** when the **process/duration** is more important.

📌 Common Mistakes !

⊘ Incorrect:

- ✗ I have went to the mall.
- ✗ She has lived here since 10 years.
- ✗ Did you ever see that movie?

✓ Correct:

- ✓ I have **gone** to the mall.

- ✓ She has lived here **for** 10 years.
 - ✓ **Have** you ever **seen** that movie?
-

✗ Wrong:

- I **have been knowing** him for years. ❌ (KNOW is a stative verb)
- She **has been being** late every day. ❌ (BE doesn't take Continuous)
- They **have been finished** their project. ❌ (Use 'have finished' instead)

✓ Correct:

- I **have known** him for years. ✓
- She **has been arriving** late every day. ✓
- They **have finished** their project. ✓

Advanced Notes

1. The “This is the first time” Structure

- This is the first time I have driven a car. 🚗
- That's the best meal I have ever eaten! 🍴

2. The “It's Been” Structure

- It's been a long time since we last met. 🕒
- It has been years since I played basketball. 🏀

3. Mixed Time Situations

- He has always wanted to be a pilot. (From the past until now ✈️)
- They have never spoken to each other, but they will meet tomorrow.

4. Stative Verbs in Present Perfect

💡 Some verbs don't usually take -ing forms in Present Perfect Continuous!

✗ I have been knowing her for years. (WRONG ✗)

✓ I have known her for years. (CORRECT ✓)

1. Using "Lately" & "Recently"

We often use **lately** or **recently** with Present Perfect Continuous.

✔ I **have been feeling** really tired **lately**.

✔ She **has been working** a lot **recently**.

🔥 2. Stative Verbs Don't Work in Present Perfect Continuous

Some verbs (called **stative verbs**) describe states, not actions. These do **not** usually take -ING.

✘ I **have been knowing** her for years. (WRONG)

✔ I **have known** her for years. (RIGHT)

Here are **some stative verbs** that DO NOT take the **Present Perfect Continuous**:

◆ know, believe, understand, remember, hate, love, like, want, seem, own, belong

🔥 3. Using Present Perfect Continuous for Temporary Actions

When something is **temporary**, we often use **Present Perfect Continuous**:

✔ I **have been staying** with my friend this week.

✔ She **has been working** at a café **until she finds** a better job.

🔥 4. When Present Perfect and Present Perfect Continuous Mean the Same

◆ With "**live**," "**work**," "**study**," "**teach**", both tenses are often **interchangeable**:

✔ I **have lived** here for 5 years.

✔ I **have been living** here for 5 years.

(💡 No major difference!)

Real-Life Uses of Present Perfect

In News & Reports

- Scientists have discovered a new planet! 

In Conversations

- "I have just finished my book!" 

In Interviews

- "I have worked in marketing for 10 years."

In Emails

- "I have attached the document for your review."

A Challenge!
























 Write a short paragraph using at least **5 Present Perfect sentences!**

Example:

"I **have traveled** to many countries, but I **haven't visited** Japan yet. I **have always wanted** to go there! My friend **has been** there twice, and he **has told** me a lot about it!"

 Send your paragraph to teachernimafar@gmail.com and receive a **"25 common idioms"** PDF

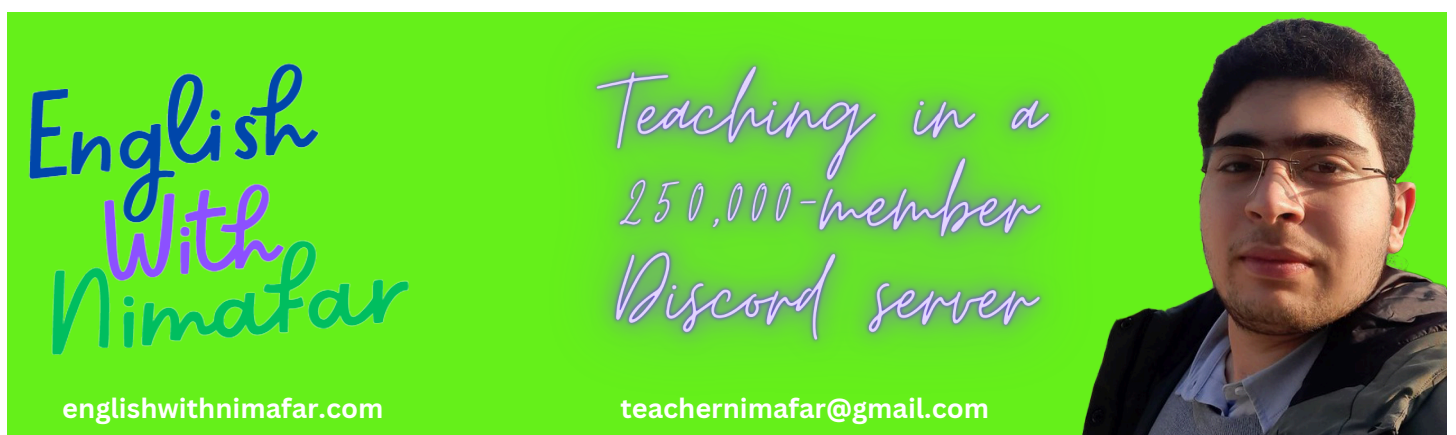
Examples

1. She has been cooking dinner for an hour. 
2. The scientists have discovered a new species. 
3. We have been waiting for the bus. 
4. He has broken his phone three times this year. 
5. The political analyst has been observing shifts in voter behavior. 
6. I have worked at this company for five years. 
7. They have been playing in the garden. 
8. The author has challenged conventional storytelling methods in his latest novel. 
9. He has been exercising regularly to stay fit. 
10. The company has been developing a new product. 
11. She has mastered three languages fluently. 
12. The children have been asking the same question repeatedly. 
13. We have walked five kilometers today. 
14. The construction team has been working around the clock to complete the project. 
15. He has been questioning the validity of traditional economic theories. 
16. She has visited Paris twice. 
17. The chef has been experimenting with fusion cuisine. 
18. I have been reading a book. 
19. Several studies have suggested a link between diet and mental health. 
20. She has been saving money for her dream vacation. 
21. They have debated the ethical implications of genetic modification. 
22. The musician has been composing a symphony inspired by nature. 
23. He has finished his homework. 
24. The economy has suffered due to global instability. 
25. The teacher has been explaining the topic for 30 minutes. 

26. I have just received an email from my boss. ✉️
27. Scientists have been testing new treatments for neurological diseases. 🧠
28. She has already packed her bags for the trip. 🧳
29. Researchers have been investigating the effects of climate change on ecosystems. 🌿
30. They have bought a new car. 🚗
31. The government has implemented new policies to tackle inflation. 📊
32. I have been trying to fix my internet connection. 🌐
33. The city's population has increased significantly over the last decade. 🏙️
34. The children have cleaned their room. 🧹
35. He has been working all day. 🏢
36. She has completed her book after months of hard work. 📖
37. Experts have been debating the implications of AI in education. 🤖
38. He has been awarded a prestigious scholarship. 🎓
39. She has been watching that TV series all weekend. 📺
40. I have never tried sushi. 🍣
41. I have been learning Spanish for six months. 🇪🇸
42. A breakthrough has occurred in cancer research. 🏥
43. They have been arguing about the same issue for years. ⚖️
44. He has written several articles about climate change. 🌍
45. The software company has revolutionized the industry with its new AI model. 🤖
46. Engineers have been designing more sustainable transportation solutions. 🚆
47. I have seen that movie before. 🎬
48. The new law has been debated in parliament. 🏛️
49. The flowers have been blooming beautifully this spring. 🌸
50. The company has been losing money for months. 📉

JOIN MY [TELEGRAM](#) CHANNEL

ALL RIGHTS RESERVED FOR [ENGLISHWITHNIMAFAR.COM](#) AND **NIMAFAR**



**English
With
Nimafar**

*Teaching in a
250,000-member
Discord server*

englishwithnimafar.com teachernimafar@gmail.com