



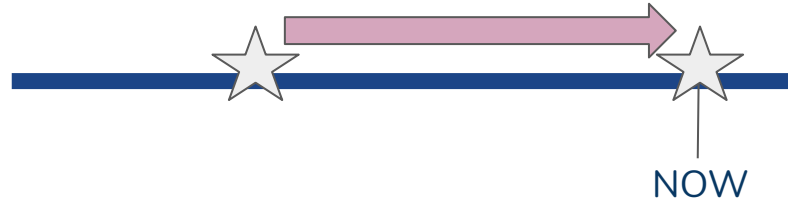
Present Perfect v Present Perfect Continuous Use

Use

The present perfect is used to **connect the past time to the present** whilst the present perfect continuous tense is used to talk about **long past and present events**.

Use

The present perfect tense can be represented like this on a timeline.



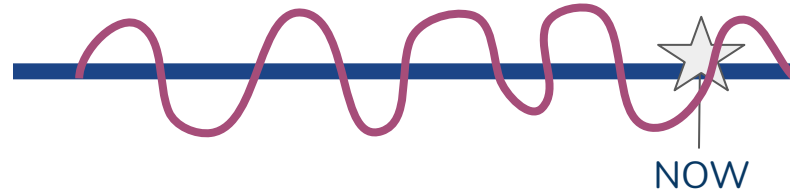
Use

The present perfect tense has six uses.

| Present Simple Use | Example Sentences |
|-----------------------------|---|
| Life experience (no time) | <i>I have visited France before</i> |
| Recent past events | <i>We've just arrived home</i> |
| Change in state | <i>I have improved my English</i> |
| Past events impact present | <i>I've lost my wallet and I need it now</i> |
| Unfinished duration of time | <i>I haven't been to the cinema this year</i> |
| Stative verbs | <i>I have known her for a long time</i> |

Use

The present perfect continuous tense can be represented like this on a timeline.



Use

The present perfect continuous has three main uses.

| Present Perfect Continuous Use | Example Sentences |
|--------------------------------|---|
| Unfinished duration | <i>I've been learning English for 10 years</i> |
| Past impacts present | <i>It's been raining all morning and it's flooded my garden</i> |
| Temporary situation | <i>I've been watching the news a lot recently</i> |

Use

Consider these two examples, what is the difference in meaning?

| Present Perfect | Present Perfect Continuous |
|----------------------------------|---|
| I've learnt English for 10 years | I've been learning English for 10 years |

Use

| Present Perfect | Present Perfect Continuous |
|----------------------------------|---|
| I've learnt English for 10 years | I've been learning English for 10 years |

We assume the event has already finished when we use the present perfect tense.



Use

Present Perfect

I've learnt English for 10 years

Present Perfect Continuous

I've been learning English for 10 years

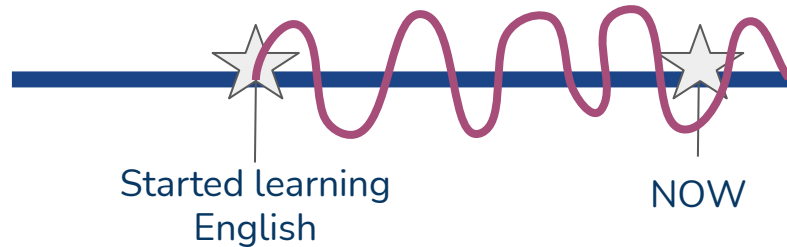
The focus is on the end result (learnt English).



Use

| Present Perfect | Present Perfect Continuous |
|----------------------------------|---|
| I've learnt English for 10 years | I've been learning English for 10 years |

We assume the event has not yet finished and will continue into the future with the present perfect continuous tense.



Use

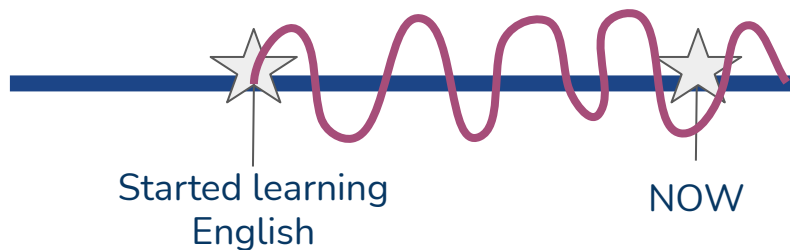
Present Perfect

I've learnt English for 10 years

Present Perfect Continuous

I've been learning English for 10 years

The focus is on the time phrase, the duration of the event (10 years).



Use

Here is an alternative example with the same difference.



Use

Consider these two examples, what is the difference in meaning?

| Present Perfect | Present Perfect Continuous |
|------------------------------------|-----------------------------------|
| I've worked at ABC most of my life | I've been working at ABC recently |

Use

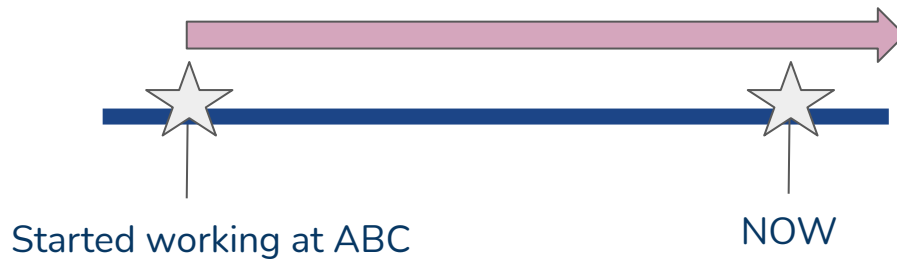
Present Perfect

I've worked at ABC most of my life

Present Perfect Continuous

I've been working at ABC recently

The present perfect is used to talk about a long-term event for a long period of time.



Use

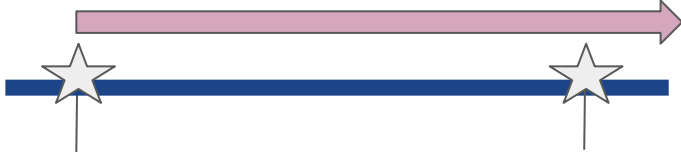

| Present Perfect | Present Perfect Continuous |
|------------------------------------|-----------------------------------|
| I've worked at ABC most of my life | I've been working at ABC recently |

The present perfect continuous is used for a temporary action that is going to finish soon.



Use

Here is an alternative example with the same difference.

| Present Perfect | Present Perfect Continuous |
|---|---|
| <p data-bbox="156 620 877 656">We've lived at my mum's house for a while</p>  <p data-bbox="92 874 498 910">Started living with mum</p> <p data-bbox="736 867 832 903">NOW</p> | <p data-bbox="1039 620 1792 699">We've been living at my mum's house whilst they're renovating our house.</p>  <p data-bbox="1302 907 1707 943">Started living with mum</p> <p data-bbox="1599 867 1696 903">NOW</p> |

Use

Consider these two examples, what is the difference in meaning?

| Present Perfect | Present Perfect Continuous |
|---|---|
| I've used the swimming pool a few times since we moved here | I've been using the swimming pool regularly since we moved here |

Use

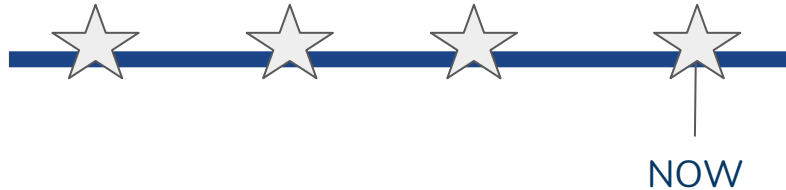
Present Perfect

I've used the swimming pool a few times since we moved here

Present Perfect Continuous

I've been using the swimming pool regularly since we moved here

With the present perfect, we know the event doesn't happen regularly.



Use

Present Perfect

I've used the swimming pool a few times since we moved here

Present Perfect Continuous

I've been using the swimming pool regularly since we moved here

With the present perfect, we know the event happens quite regularly.



Use

Here is an alternative example with the same difference.

| Present Perfect | Present Perfect Continuous |
|---|--|
| <p data-bbox="241 620 788 658">I've visited my grandma recently</p>  <p data-bbox="739 860 836 895">NOW</p> | <p data-bbox="1089 620 1738 658">I've been visiting my grandma recently</p>  <p data-bbox="1663 860 1760 895">NOW</p> |

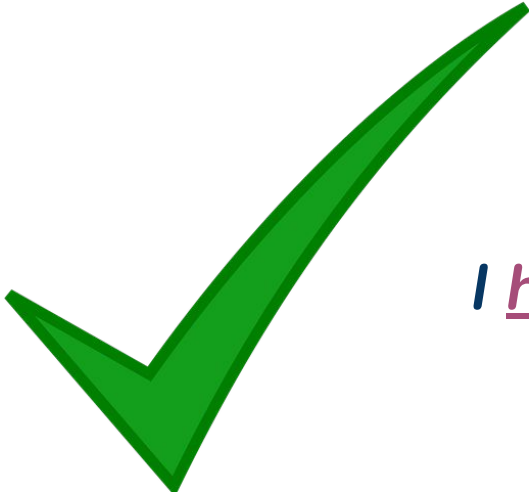
Use

Remember stative verbs cannot be used in the present perfect continuous tense, so we use the present perfect tense as an alternative.

Use



I have been knowing her for a long time



I have known her for a long time