

The Present Perfect vs The Present Perfect Continuous

1. When to Use Each Tense

A. Present Perfect (Have/Has + Past Participle)

We use the **Present Perfect** to talk about:

✓ **Completed actions with a connection to the present** (often with **just, already, yet, ever, never, recently**).

- *She has finished her homework.* (The action is complete, but the result matters now.)
- *I have never been to Japan.* (Life experience up to now.)

✓ **Actions that happened at an unspecified time in the past** (we don't say when).

- *They have seen that movie.* (We don't know when.)

✓ **Actions that started in the past and continue until now** (often with **for/since**).

- *We have lived here for five years.* (Still living here now.)

B. Present Perfect Continuous (Have/Has Been + Verb-ing)

We use the **Present Perfect Continuous** to emphasise:

✓ **Actions that started in the past and are still happening now** (often with **for/since**).

- *He has been working all day.* (He is still working now.)

✓ **Temporary or repeated actions** (focus on the duration).

- *I have been studying French for months.* (Emphasises the effort over time.)

✓ Recent actions with visible results in the present.

- *She has been crying.* (Her eyes are red now.)

⊘ We do NOT use the Present Perfect Continuous with stative verbs (like *know, like, believe, belong*).

- ✗ *I have been knowing him for years.* (Incorrect)
 - ☑ *I have known him for years.* (Correct)
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2. How to Form the Tenses

Tense	Structure	Example
Present Perfect	Have/Has + Past Participle	<i>She has written a letter.</i>
Present Perfect Continuous	Have/Has Been + Verb-ing	<i>She has been writing for hours.</i>

3. Explanation in French (Explication en Français)

A. Present Perfect (Passé Composé avec lien au présent)

On utilise le **Present Perfect** pour :

✓ **Des actions terminées avec un impact sur le présent** (souvent avec *just, already, yet, ever, never*).

- *She has just arrived.* (Elle vient d'arriver.)
- *I have never eaten sushi.* (Je n'ai jamais mangé de sushi.)

✓ **Des actions passées à un moment non précisé.**

- *They have visited Paris.* (Ils ont visité Paris.)

✓ **Des actions qui ont commencé dans le passé et continuent jusqu'à maintenant** (avec *for/since*).

- *We have known each other since 2010.* (On se connaît depuis 2010.)
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B. Present Perfect Continuous (Action en Cours avec Durée)

On utilise le **Present Perfect Continuous** pour :

✓ **Des actions qui ont commencé dans le passé et continuent encore.**

- *He has been working all day.* (Il travaille depuis ce matin et il travaille toujours.)

✓ **Des actions répétées ou temporaires.**

- *I have been studying a lot recently.* (J'ai beaucoup étudié récemment.)

✓ **Des actions récentes avec un résultat visible.**

- *She has been running.* (Elle est essoufflée maintenant.)

⚠ On n'utilise PAS le Present Perfect Continuous avec les verbes d'état (*know, like, believe*).

- ✗ *I have been loving this song.* (Incorrect)
 - ☑ *I have loved this song for years.* (Correct)
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Résumé en Français

- **Present Perfect** = Action finie avec lien au présent / expérience de vie.
- **Present Perfect Continuous** = Action en cours avec durée / effort visible.

Exercise 1: Fill in the blanks with the correct form of the verb (Present Perfect or Present Perfect Continuous).

1. She _____ (work) here since 2018.
2. They _____ (not finish) their project yet.
3. How long _____ (you / wait) for the bus?
4. I _____ (read) three books this month.
5. He _____ (paint) the house all morning.
6. We _____ (never / visit) Paris.
7. The children _____ (play) outside for hours.
8. She _____ (just / call) to say she's running late.
9. How many emails _____ (you / send) today?
10. It _____ (rain) non-stop since yesterday.
11. They _____ (not see) that movie yet.
12. I _____ (study) English for five years.
13. He _____ (cook) dinner, so the kitchen is a mess.
14. We _____ already / book) our flights.
15. Why _____ (you / cry)?
16. She _____ (travel) around Asia for six months.
17. The team _____ (win) three matches so far.
18. How long _____ (he / learn) Spanish?
19. I _____ not sleep) well lately.
20. They _____ (build) this bridge for two years.
21. She _____ (write) ten pages of her novel.
22. We _____ (not hear) from him since last week.
23. The baby _____ (sleep) for three hours.
24. He _____ (just / arrive) home.
25. How much coffee _____ (you / drink) today?
26. They _____ (argue) all afternoon.
27. I _____ (never / eat) sushi before.
28. She _____ (teach) at this school for a decade.

29. The phone _____ (ring) for five minutes!
30. We _____ (live) in this city since 2015.
31. He _____ (not call) me back yet.
32. Why _____ (they / not reply) to our email?
33. I _____ (try) to fix this computer for hours.
34. She _____ (lose) her keys twice this week.
35. They _____ (watch) TV since breakfast.
36. How many times _____ (you / visit) London?
37. He _____ (not take) a break all day.
38. The students _____ (prepare) for the exam for weeks.
39. We _____ (know) each other since childhood.
40. She _____ (just / finish) her homework.
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Answer Key:

1. has been working (PPC)
2. haven't finished (PP)
3. have you been waiting (PPC)
4. have read (PP)
5. has been painting (PPC)
6. have never visited (PP)
7. have been playing (PPC)
8. has just called (PP)
9. have you sent (PP)
10. has been raining (PPC)
11. haven't seen (PP)
12. have been studying (PPC)
13. has been cooking (PPC)
14. have already booked (PP)
15. have you been crying (PPC)
16. has been traveling (PPC)
17. has won (PP)
18. has he been learning (PPC)
19. haven't been sleeping (PPC)
20. have been building (PPC)
21. has written (PP)
22. haven't heard (PP)
23. has been sleeping (PPC)
24. has just arrived (PP)
25. have you drunk (PP)
26. have been arguing (PPC)
27. have never eaten (PP)
28. has been teaching (PPC)
29. has been ringing (PPC)

- 30. have lived (PP)
- 31. hasn't called (PP)
- 32. haven't they replied (PP)
- 33. have been trying (PPC)
- 34. has lost (PP)
- 35. have been watching (PPC)
- 36. have you visited (PP)
- 37. hasn't taken (PP)
- 38. have been preparing (PPC)
- 39. have known (PP)
- 40. has just finished (PP)