PRESENT PERFECT CONTINUOUS

FINISHED

PRESENT RESULT

I've been working (that's why I'm tired).

UNFINISHED

HOW LONG

I've been living in London for two years.
She's been working here since 2004.

Use with: since 2010, since July, for ten years, for three days.

TEMPORARY SITUATIONS

I've been going to the gym a lot recently.

Use with: recently.

P Perfect
English Grammar