



The Present Perfect Continuous Tense (also called the Present Perfect Progressive)

How good are you at the Present Perfect Continuous tense? It's not a very common tense, and often it's not taught in classes, but we do use it sometimes and it's very good to know how to make it, and to recognise it when other people use it.

Luckily, it's very easy to make. Here's the **positive** (it's the present perfect of 'be' + verb -ing):

Positive

- I **have been walking**
- You **have been running**
- He **has been cooking**
- She **has been swimming**
- It **has been raining**
- We **have been studying**
- They **have been sleeping**

Positive Short Form

- I've **been walking**
- You've **been running**
- He's **been cooking**
- She's **been swimming**
- It's **been raining**
- We've **been studying**
- They've **been sleeping**

To make the **negative**, just add 'not':

Negative

- I have **not** been **walking**
- You have **not** been **running**
- He has **not** been **cooking**
- She has **not** been **swimming**
- It has **not** been **raining**
- We have **not** been **studying**
- They have **not** been **sleeping**

Negative Short Form

- I haven't been **walking**
- You haven't been **running**
- He hasn't been **cooking**
- She hasn't been **swimming**
- It hasn't been **raining**
- We haven't been **studying**
- They haven't been **sleeping**



Can you guess how to make the **question** form of the present perfect continuous? It's not very difficult - just put 'have' or 'has' before the subject:

'Yes / No' Questions

- **Have I been walking?**
- **Have you been running?**
- **Has he been cooking?**
- **Has she been swimming?**
- **Has it been raining?**
- **Have we been studying?**
- **Have they been sleeping?**

For **'wh' questions** put the question word first:

'Yes / No' Questions

- What **have I been doing?**
- Where **have you been running?**
- What **has he been studying?**
- Why **has she been working** today?
- How long **has it been raining?**
- How long **have we been watching** this film?
- How long **have they been living** here?