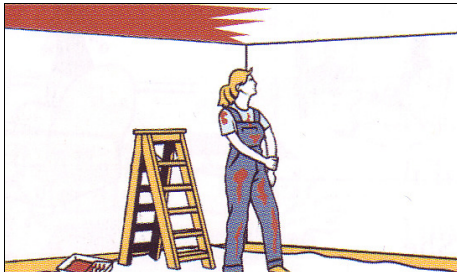


# Present Perfect Progressive and Simple

Study this example situation:



Kate's clothes are covered in paint:  
*Kate has been painting the ceiling.*

**Has been painting** is the present perfect progressive.

**We are interested in the activity.** It does not matter whether something has been finished or not. In this example, the activity (painting the ceiling) has not been finished.



The ceiling was white, now it is red:  
*Kate has painted the ceiling.*

**Has painted** is the present perfect simple.

Here, the important thing is that something has been finished. Has painted is a completed action. **We are interested in the result of the activity** (the painted ceiling), not the activity itself.

Compare these examples:

*My hands are very dirty. I've been repairing the car.*

*Joe has been eating too much recently. He should eat less.*

*It's nice to see you again. What have you been doing since we last met?*

*Where have you been? Have you been playing tennis?*

*The car is OK again now. I've repaired it.*

*Somebody has eaten all my chocolates. The box is empty.*

*Where's the book I gave you? What have you done with it?*

*Have you ever played tennis?*

We use the progressive to say **how long** (for an activity that is still happening):

*How long have you been reading this book?*

*Lisa is still writing letters. She's been writing letters all day.*

*They've been playing tennis since 2 o'clock.*

*I'm learning Spanish, but I haven't been learning it very long.*

We use the simple to say **how much, how many** or **how many times** (for completed actions):

*How much of that book have you read?*

*Lisa has written ten letters today.*

*They've played tennis three times this week.*

*I'm learning Spanish, but I haven't learnt very much yet.*