

# Present Perfect Progressive

## 1. Formation

We form the present perfect progressive with **have/has + been + -ing form**.

*I have been writing.*  
*I have not been writing.*  
*Have I been writing?*

## 2. Use

The present perfect progressive tense is generally used with **verbs which imply continuous actions**. Often these verbs describe actions which started at some time in the past, have continued up to the present, and which...

... have either been interrupted:

*Oh, have you woken up? You **have been sleeping** since six o'clock.*

... or, will probably continue into the future:

*She **has been working** since early this morning, and she hopes to finish in a couple of hours.*

As with the present perfect simple tense, the progressive form is also used in four different situations:

### 2.1 The indefinite past

The indefinite past is usually found with the adverbs **lately** or **recently**, or with the question **how long?**

*She has been working hard lately.*

### 2.2 The immediate past

The immediate past is usually (but not always) found with **just**:

*I've just been writing a letter to my sister.*

### 2.3 For an action in an unfinished period

The present perfect progressive is often found with the word **all** plus an expression of time to emphasise the idea of the action continuing:

*He's been waiting here all this morning.*

### 2.4 With **for** and **since**

Notice again here how the action continues:

*We've been living in Newcastle for fourteen months.*

### 2.5 Non-use of the present perfect progressive

The negative form of the present perfect progressive is quite rare. It is usually **replaced by the negative form of the present perfect simple**:

*She hasn't studied French since 1996.*

If the **number of times that an action has taken place (the result of an activity)** is given or implied, then the simple form is used:

*She has written ten letters this morning.*

Avoid using the progressive form of the present perfect if referring to **an action that has definitely ended and which will not continue**:

*He has already read this book.*

Do not use the progressive form **for an abrupt or sudden action**:

*He has driven my car into a wall.*