

# Beginner Present Perfect Continuous



Past

Present

Future

When you are using a verb tense with more than one part such as Present Perfect Continuous (has been studying), adverbs often come between the first part and the second part (has only been studying).

## 1. Duration from the Past Until Now

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## 2. Recently, lately

You can use the Present Perfect Continuous WITHOUT a duration such as "for five minutes", "for two weeks", and "since Tuesday". Without the durations, this tense gives a more general meaning of "lately". We often use the words "lately" or "recently" in the sentence to strengthen this meaning.

### EXAMPLES:

1. Recently, I have been feeling really tired.
2. She has been watching too much television lately.
3. Tago has been feeling a little depressed.

Beginner

## Present Perfect Continuous

Remember that the Present Perfect Continuous has the meaning of "lately" or "recently." If you use the Present Perfect Continuous in a question such as "Have you been feeling alright?", it suggests that the person looks sick or unhealthy. A question such as "Have you been smoking?" suggests that you can smell the smoke on the person. Using this tense in a question suggests you can see, smell, hear, or feel the results of the action. It is possible to insult someone by using this tense incorrectly.

### **IMPORTANT Non-Continuous Verbs/ Mixed Verbs**

It is important to remember that Non-Continuous Verbs cannot be used in any continuous tenses. Also, certain non-continuous meanings for Mixed Verbs cannot be used in continuous tenses. To express the idea of Present Perfect

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