

# Difference between present perfect and present perfect continuous tenses

The present perfect continuous tense

The present perfect continuous tense is used to talk about actions and situations that started in the past and have continued up to the present.

Form: Subject + has / have + been + -ing form of the verb

It has been raining since yesterday.

I have been gardening since morning.

The boys have been playing since morning.

She has been knitting for hours.

The children have been playing for hours.

We have been waiting for ages.

Both present perfect and present perfect continuous tenses can be used to talk about actions and events that started in the past and have continued up to the present.

We have lived in this town for ten years.

We have been living in this town for ten years.

I have worked with him for ten years.

I have been working with him for ten years.

He has taught English for twenty years.

# Difference between present perfect and present perfect continuous tenses

He has been teaching English for twenty years.

The present perfect tense can be used to talk about finished events. The present perfect continuous tense cannot be used to talk about finished events.

Compare:

I have watered the plants. (I have finished that job. I am free now.)

I have been watering the plants. (= I am still watering the plants.)