

English B1 · Present perfect continuous

Intermediate English for Chinese speakers; classroom examples, not official exam items.

The smoke trail

The present perfect is a footprint; the present perfect continuous is a smoke trail — the action is still smoking.

The three links

	Form	Example
statement	have/has been + -ing	She has been working all day.
negative	haven't/hasn't been + -ing	I haven't been sleeping well.
question	Have/Has + subject + been + -ing?	Have you been crying?

Use the evidence

have been doing: the perfect of be, plus the -ing of action.

Your turn: build the chain

Your turn

They ____ (wait) for an hour. Still waiting.

- A. have waiting
- B. have been waited
- C. have been waiting
- D. are been waiting

Two jobs: duration and evidence

duration — how long?

I have been learning English for six years.
for six years · since 2019

evidence — why is it like this now?

Your hands are dirty. — I've been fixing my bike.

tired eyes · wet clothes · empty fridge

Your turn: the wet floor

Your turn

"Why is the floor still wet?" — "I ____ it all morning."

- A. have washed
- B. have been washing
- C. washed
- D. am wash

Process or result

continuous — the process

I have been writing my essay. — still writing

I have been reading this book. — page 200 of 400

simple perfect — the result

I have written my essay. — it's done

I have read this book. — the end, twice

Your turn: the count

Your turn

I ____ three essays this week — all finished and submitted.

- ☐ A. have been writing
- ☐ B. have written
- ☐ C. have been wrote
- ☐ D. am writing

The three-link price

Chinese does the duration with one word; English pays three links.

I have been learning English. — have + been + learning.

Say it aloud

Explain the evidence: Your hands are dirty. — I've been fixing my bike.



You look tired. — I've been studying since seven.



It is now also seven, but the other one.



How long have you been learning English? —
Six years. And English has been learning me.

Check yourself

- I have been studying for three hours — still in progress.
- She has written her essay — a result, not a process.
- They have been waiting since nine — duration, still waiting.
- I have known him for years — statives don't smoke.