PRESENT PERFECT

VERSUS

PRESENT PERFECT CONTINUOUS

Present Perfect is used with completed actions.

Present Perfect Continuous is used with ongoing actions.

Present Perfect focuses on the end result of the action.

Present Perfect Continuous focuses on the action itself.

Present Perfect
Continuous is formed
by adding "has been"
or "have been" to the
present participle.

Present Perfect is formed by adding "has" or "have" to the past participle.

Present Perfect cannot be used for temporary actions.

Present Perfect
Continuous can be used for temporary actions.

Present Perfect indicates how much/many have been completed.

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Present Perfect
Continuous indicates
how long something has
been happening.