

PRESENT PERFECT CONTINUOUS

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graph TD; A((PRESENT PERFECT CONTINUOUS)) --- B((FINISHED)); A --- C((UNFINISHED)); A --- D((HOW LONG)); B --- E[PRESENT RESULT]; C --- F[HOW LONG]; C --- G[TEMPORARY SITUATIONS];
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FINISHED

PRESENT RESULT

I've been working (that's why I'm tired).

UNFINISHED

HOW LONG

I've been living in London for two years.
She's been working here since 2004.

Use with: since 2010, since July, for ten years, for three days.

TEMPORARY SITUATIONS

I've been going to the gym a lot recently.

Use with: recently.