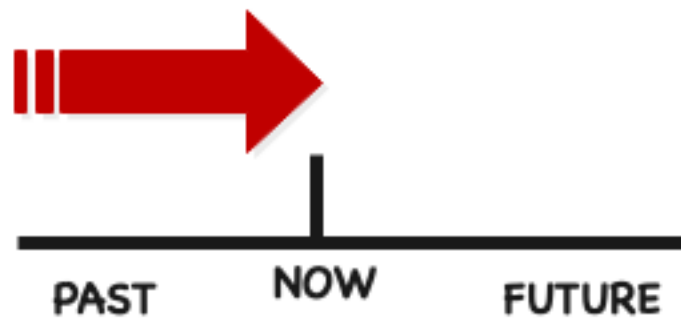


# PRESENT PERFECT CONTINUOUS MEANING

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**DURATION FROM PAST TILL NOW**  
(With action verbs) Situations that have not finished or have just finished



**Have you been crying?**  
**I have been painting** the bedroom.

OFTEN WITH PRESENT RESULTS



RED EYES



DIRTY

**REPEATED ACTIONS FROM PAST UNTIL NOW**

**She has been calling** you for days.

(She has repeated this action several times over the last few days.)



MONDAY



TUESDAY



WEDNESDAY



THURSDAY

OFTEN USED WITH TIME EXPRESSIONS SUCH AS: *FOR, SINCE, HOW LONG, ALL..., LATELY, ETC.*

**FOR, SINCE, HOW LONG**

**We have been studying** since you left this morning.

**ALL + time expression**

**I've been trying** to talk to you all evening.

**LATELY**

**She hasn't been sleeping** very well lately.