

Present Perfect

Continuous

This is all about the **duration** of current events / states. The key words are **how long, for, since** and **all**. If it's an **active verb**, use present perfect continuous. If it's a **state**, use present perfect.

Active verbs

State verbs

How long have you been waiting ?	how long	How long have you had your watch?
How long have you been learning English?	how long	How long have you known about it?
I've been driving for more than 20 years.	for	We've known each other for 30 years.
It's been snowing for three hours.	for	They've been married for 62 years.
I've been cooking since I got home.	since	I've believed in God since I was young.
I've been working there since I left school.	since	I've had this car since I was 18.
You've been lying on the sofa all day!	all	I've been ill all week.
I've been looking for my keys all morning.	all	We've known each other all our lives.
I've been forgetting everything recently.	recently	I've had a lot of headaches recently.

Live and **work** can be active or stative. If it feels like a temporary situation, use perfect continuous. If it feels permanent, use perfect.

We've been living here for a few months.	live	My Grandma has lived here all her life.
I've been working on this project for 2 weeks.	work	He's worked for the same company for 40 years.

When we use **always** to mean 'a very long time' we always use present perfect, even with active verbs.

I've always had porridge for breakfast.	always	I've always loved football.
It's the way I've always done it.	always	I've always wanted to go to New Zealand.
He's always got up early.	always	She's always been a dreamer.
She's always shopped in the same place.	always	My Grandad has always had a dog.