**4. Present Perfect Continuous:**

The present perfect continuous is the last of the present tenses. It is used to talk about an action that started in the past but perhaps has still not finished in the present. The focus is on the process as well as the result. The process may be still going, or may have recently finished.

**Form:**

Use the auxiliary verb have/has + been + base verb + ing to form the present perfect continuous. Let’s take a look at the verb “read”:

Note that the verbs “live” and “work” can be used with either present perfect simple, or present perfect continuous without changing the meaning.

Also note you cannot use stative verbs with continuous tenses. For these, we use the present perfect simple.

**Uses & Examples:**

Actions that started in the past and continue in the present – I’ve been watching Game of Thrones.

To emphasise the duration or ’how long’ (with for and since) – Henry has been playing the violin since he was eight.

Recently finished actions, with present results – Why have you been crying? (there are tears in her eyes). It’s been raining (the ground is wet).