

The Present Perfect Progressive Tense

You have learned that Present Perfect is a tense to talk about actions performed in the past expressed as experience.

For example:

I have already taken a cool trip.

The same sense of past-present relation is also expressed in **Present Perfect Progressive**, the difference is that this tense names actions which started in a point in the past and are still developing at the present moment/time.

Look at the timeline below and the sentences in Present Perfect Progressive about Oscar, Anna and Luis, and the Stuarts.

Observe that in each case, the actions reach the current time.



Oscar - Works in a restaurant.



Anna and Luis - Practice karate.




The Stuarts - Live in the same house.



The Present Perfect Progressive Tense

- Oscar **has been** working in a restaurant *since* 2013.
- Anna and Luis **have been** practicing karate *for* three years.
- The Stuarts **have been** living in the same house *since* 2010.

Notice!

- **Since** is used before a date, year, or moment representing a point in the past. For example: *since 2013, since January, since I was a child.*
 - **For** is used before a period of time. For example: *for three years, for two months, for a week.*
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The following video gives an easy and clear explanation of Present Perfect Progressive.

Notice how there must be subject-verb agreement (we should use *have* or *has* according to the subject).

Observe how **negative** sentences in Present Perfect Progressive are used (by using *haven't been ...ing/hasn't been ...ing*).

Pay attention at the examples of **interrogative** sentences provided.