



# Present Perfect Continuous

The present perfect continuous verb tense, sometimes called the present perfect progressive, is the present participle form of a verb used with *has been* or *have been*.

**Present tense:** She *dances*.

**Present perfect tense:** She *has danced*.

**Present perfect continuous tense:** She *has been dancing*.

The present perfect continuous tense is used for showing an action that began in the past and happens continually into the present or until recently.

## Example:

He *has been exercising* lately.

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**Part I:** Circle the present perfect continuous verb tense in each of the following sentences.

1. We have been waiting for them for over two hours.
2. Until recently, Mia has been watching her weight.
3. The car has been idling in front of the house for ten minutes.
4. I have been dying to tell you about the new movie.
5. Because there has been so much work to do, Paul has been feeling tired.

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**Part II:** Fill in the blank with the present perfect continuous form of the verb in parentheses.

1. She \_\_\_\_\_ (ask) me every day if she can go with us.
2. The calico kitten has been growing \_\_\_\_\_ (grow) like a weed!
3. His back \_\_\_\_\_ (hurt) him, so Ben can't lift anything.
4. They \_\_\_\_\_ (learn) about verbs in English class.
5. I \_\_\_\_\_ (sit) in the front row for too long.


**Verb Tenses:**

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