

Present Perfect Continuous Exercises

Level: B1, B2

How the present perfect continuous works

The present perfect continuous (have/has been + -ing) emphasises the duration or ongoing nature of an activity that started in the past and continues to — or has just stopped before — now.

Form: have/has been + verb-ing: I have been waiting, she has been working

Duration up to now: How long...? for, since: We've been living here for ten years.

Recent activity, visible result: You're out of breath — have you been running?

vs perfect simple: continuous highlights the activity/duration; simple highlights the result/quantity:
I've been reading all day vs I've read 200 pages

State verbs: know, like, believe use the perfect simple instead: I have known her for years.

Exercise 1: Choose the correct form

Select the correct option to complete each sentence.

1. I ___ for you for over an hour! Where were you?
a) have been waiting b) am waiting c) wait
2. Your hands are covered in flour. ___ you ___?
a) Did / bake b) Have / been baking c) Do / bake
3. She ___ ten e-mails so far this morning.
a) has been writing b) has written c) is writing
4. How long ___ he ___ at this company?
a) has / been working b) does / work c) is / working
5. I ___ this author since I was a teenager.
a) have been knowing b) have known c) know

Exercise 2: Complete the sentences

Type the present perfect continuous form of the verb in brackets (have/has been + -ing).

6. My neighbors ___ music all night — I couldn't sleep. (play)
7. She ___ as a nurse since 2019. (work)
8. You look tired. ___ you ___ well lately? (sleep — question)
9. It ___ all week, so the match may be cancelled. (rain)
10. We ___ about moving abroad for months. (think)

Exercise 3: Put the words in order

Click the words in the correct order to build the sentence.

11. Put the words in the correct order: **been / she / has / all day / studying**

12. Put the words in the correct order: **long / how / you / been / have / waiting / ?**

13. Put the words in the correct order: **haven't / we / been / recently / sleeping / well**

14. Put the words in the correct order: **since / it / been / has / snowing / yesterday morning**

Exercise 4: True or false?

Decide if each statement is true or false.

15. The present perfect continuous is formed with have/has been + verb-ing. True / False

16. "I have been reading three books this week" is the best way to report the completed number. True / False

17. The activity in the present perfect continuous can have finished very recently, if its effects are still visible. True / False

18. "She has been having a car for years" is correct. True / False

Answer key

Exercise 1: Choose the correct form

1. a) have been waiting
2. b) Have / been baking
3. b) has written
4. a) has / been working
5. b) have known

Exercise 2: Complete the sentences

6. have been playing / 've been playing
7. has been working / 's been working
8. have / been sleeping / have been sleeping / haven't been sleeping
9. has been raining / 's been raining
10. have been thinking / 've been thinking

Exercise 3: Put the words in order

11. she has been studying all day
12. how long have you been waiting ?
13. we haven't been sleeping well recently
14. it has been snowing since yesterday morning

Exercise 4: True or false?

15. True
16. False
17. True
18. False