**Lecture: 7**

Present Perfect Progressive

**1. Formation**

We form the present perfect progressive with have/has + been + -ing.

**I have been writing.**

**I have not been writing.**

**Have I been writing?**

**2. Use**

The present perfect progressive is generally used with verbs which imply continuous actions. Often these verbs describe actions which started at some time in the past and have continued (almost) up to the present and/or will probably continue into the future. Some common phrases of time are all day, the whole morning, since and for.

**Oh, have you woken up? You have been sleeping for more than ten hours.**

**Fiona has been working since early this morning and she hopes to finish soon.**

**We’ve been living in Cork for two years.**

**Patrick has been running. (Now he is out of breath.)**

**Now**

We use the present progressive after recently, lately or how long…?

**How long have you been playing the guitar?**

**Recently, I have been feeling really tired.**

**She has been watching too much television lately.**

Note!

The negative form of the present perfect progressive is quite rare. It is usually replaced by the negative form of the present perfect simple.

She hasn’t studied French since 2007.

If the number of times that an action has taken place (the result of the activity) is given or implied, then the simple form is used.

**She has written ten letters this morning.**

**Do not use the progressive form for an abrupt or sudden action**

**He has driven my car into a wall**.