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| **Present Perfect Progressive** | **VS** | **Present Perfect Simple** |
| **Sentence Structure****+****Examples** |
| *Subject + has + been + doing* *have**I have been working. He has been sleeping**Have you been working? Has she been sleeping?* *They haven’t been working. It hasn’t been sleeping* | *Subject + has + done* *have**I have worked. He has slept.**Have you worked? Has she slept?* *They haven’t worked. It hasn’t slept* |
| **Usage****+****Examples** |
| **1**- For actions which started in the past and continue up to the present (emphasis on the duration of the action).*( I* ***have been teaching*** *for more than fifteen years)***2**- For actions which happened over a period of time in the past and may have finished, but the results are obvious in the present.*( They* ***have been working*** *all day, that’s why they are so tired. )***3**- To show annoyance resulting from a recent action.***( Have you been eating*** *nuts in class again? )* | **1**-For actions that happened in the past but the exact time is not mentioned. *( I* ***have been*** *to Riyadh twice)***2**- For recently completed actions. *( Majed* ***has just returned*** *from Makkah.)***3**-For past actions whose results are obvious in the present.*( I can't open the door. I* ***have lost*** *my keys.)***4**- For actions which started in the past and continue up to the present (emphasis on the action). *( Naser started at 8 o'clock and since then he* ***has written*** *four pages. )***5**- With adjectives in the superlative form and expressions like *the only/first/second*... etc.*( It’s the first time* ***I’ve seen*** *such a horrible accident.)* |
| **Time Expressions** |
| for, since, how long, all day/week, etc. | just, yet, already, ever, never, before, always, how long, for, since, recently, lately, once, twice, so far, etc. |