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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. | | |