

Suuup you guys! All good?

Today we are learning how we can talk about actions that have been in progress throughout a period and are still happening and have consequences **NOW**.

Uh, kind of confusing, right? So check this out:

- She is very tired. She **has been studying** all day long.
- He **has been writing** her letter every week for the past 2 months.
- We **have been teaching** English for you guys since January!

All of those actions have been in progress for a period and are directly connected to the present moment. That is why it is called **Present Perfect Progressive**.

The structure is pretty simple:

HAVE/HAS + BEEN + VERB -ING.

Negative and interrogative follow the same structure as the present perfect:

HAVE NOT/HAS NOT or HAVEN'T/HASN'T + BEEN + VERB -ING

I haven't been sleeping well lately

HAVE/HAS + SUBJECT + BEEN + VERB -ING

You look great! Have you been working out?

PRESENT PERFECT SIMPLE X PROGRESSIVE

The main difference between those two structures is that the **PROGRESSIVE** emphasizes the period and the fact that the action is still happening. Check the example:

I have painted this room. (The action is complete)

I have been painting this room. (The action is still in progress)

Although we can also say:

I have worked as a teacher for 7 years.

I have been working as a teacher for 7 years.

And both of them express actions that are still happening, the progressive focuses more on the period, on the progression of the action rather than the action itself.

Ta, e agora?

You know what to do! Practice. Compare the use of both present perfect forms and see how they differ in each context!

Take care!