

Difference between present perfect and present perfect continuous tense

The present perfect tense and present perfect continuous tense have very similar use. They can both be used to talk about actions and situations that started in the past and have continued up to the present.

Present perfect tense form: Subject + has/have + past participle form of the verb.

We have lived in this city for ten years.

I have taught English for twenty years.

Present perfect continuous tense form: Subject + has / have + been + -ing form of the verb

We have been living in this city for ten years.

I have been teaching English for twenty years.

I have been working since morning.

It has been snowing since yesterday.

The baby has been sleeping for two hours.

She has been knitting for hours.

Difference between present perfect and present perfect continuous tenses

Both present perfect and present perfect continuous tenses can be used to talk about actions and events that started in the past and have continued up to the present.

I have worked with them for ten years.

I have been working with them for ten years.

The present perfect tense can be used to talk about finished events.

The present perfect continuous tense cannot be used to talk about finished events.

Compare:

I have finished the job. (I have finished that job. I am free now.) (NOT I have been finishing the job.)