Fill in the blanks with an appropriate past perfect or past perfect continuous tense.

1. You me any help.

have never offered

have never been offering

2. She on that project since January.

has worked

has been working

3. I working on that project.

have finished

have been finishing

4. She six medals.

has won

has been winning

5. You look red. Yes, I

have been running

have run

6. I six letters since morning.

have written

have been writing

7. The cat the milk.

has drunk

has been drinking

8. It for hours.

has rained

has been raining

Either could be used here

9. The police the culprits.

have arrested

have been arresting

10. She to hear from her mother.

has anxiously waited

has been anxiously waiting

11. I Australia a couple of times.

have visited

have been visiting

12. The baby enough.

has slept

has been sleeping

Answers

You have never offered me any help. She has been working on that project since January. I have finished working on that project. She has won six medals. You look red. Yes, I have been running. I have written six letters since morning.

Present Perfect vs. Present Perfect Continuous Tense

The cat has drunk the milk. It has been running for hours. The police have arrested the culprits. She has been anxiously waiting to hear from her mother. I have visited Australia a couple of times. The baby has slept enough.