PRESENT PERFECT CONTINUOUS:

STRUCTURE:

I/You/We/They	have been + -ing	I/You/We/They	have not been + -ing haven't been + -ing
He/She /It/John	has been + -ing	He/She /It/John	has not been + -ing hasn't been + -ing
QUESTIONS:			
Have	I/You/We/They	been + -ing?	Yes, I have. No, we haven't.
Has	He/She /It/John	been + -ing?	Yes, he has. No, she hasn't.

USE:

- Past action that is still ongoing (emphasize duration)
- · Finished action that influence the present
- · Signal words: all (day/week/life,etc)/the whole day/how long/for/since/recently/these days

Examples:

I have been studying English since middle school.

I have been trying to fix the TV for 1 hour.

He has been sleeping all day.

He has been playing baseball all his life.

She hasn't been studying much recently.

She has been working over time these days.

They have been fighting a lot these days.

They haven't been living together for a long time.

We haven't been eating junk food for a month.

We have been playing video games for 2 hours.

It has been raining all day.

Work hasn't been easy these days.

How long have you been living here?

How long has she been driving?