

Perfect Continuous Tenses

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Present Perfect Continuous:

The Present Perfect Continuous tense is used to talk about actions that started in the past and are still ongoing in the present. It is formed with the present perfect tense of the auxiliary verb "have" (has for third person singular) + "been" + the present participle (-ing form) of the main verb.

Affirmative

Subject	Have/Has	Been	Present Participle	Complement
We	have	been	studying	all the afternoon.

Negative

Subject	Have / Has + Not Haven't / Hasn't	Been	Present Participle	Complement
They	have not (haven't)	been	studying	with us.

Interrogative

Have/has	Subject	Been	Present Participle	Complement?
Has	he	been	studying	with you?

Form	Example
Affirmative	I have been studying English for two years. She has been working at the company since 2010. They have been living in this city for a long time.
Negative	He hasn't been playing the piano recently. We haven't been traveling much this year. They haven't been watching TV all day.
Interrogative	Have you been studying for the exam? Has she been practicing her presentation? Have they been waiting for a long time?

Usage:

To talk about actions that started in the past and are still continuing in the present:

- I have been learning Spanish for three months. (I started in the past, and I'm still learning.)

To describe ongoing or continuous activities:

- She has been working on the project all day. (She is still working on it.)

To emphasize the duration of an action up to the present moment:

- They have been waiting for you for over an hour.

To express annoyance or surprise at a continuous action:

- He has been talking on the phone for so long!

Past Perfect Continuous:

The Past Perfect Continuous tense is used to talk about ongoing actions that started and ended in the past. It is formed with the past perfect tense of the auxiliary verb "had" + "been" + the present participle (-ing form) of the main verb.

Affirmative:

Subject	Had	Been	Present Participle	Complement
We	had	been	studying	all the afternoon.

Negative:

Subject	Had + not (hadn't)	Been	Present Participle	Complement
They	had not (hadn't)	been	studying	with us.

Interrogative:

Had	Subject	been	Present Participle	Complement?
Had	he	been	studying	with you?

Form	Example
Affirmative	She had been working at that company for five years before she left. They had been living in that house since they got married.
Negative	He hadn't been exercising regularly before he joined the gym. We hadn't been seeing each other for a long time.
Interrogative	Had you been studying before the exam? Had they been waiting for a while?

Usage:

To talk about actions that were ongoing in the past before another past action:

- By the time I arrived, they had been waiting for two hours.

To describe continuous activities that were happening up to a specific point in the past:

- She had been working on the project until late last night.

To express cause and effect in the past:

- He was tired because he had been running for a long time.

Future Perfect Continuous:

The Future Perfect Continuous tense is used to talk about ongoing actions that will be completed at a specific time in the future. It is formed with the future perfect tense of the auxiliary verb "will have" + "been" + the present participle (-ing form) of the main verb.

Affirmative:

Subject	Will have	Been	Present Participle	Complement
We	will have	been	studying	all the afternoon.

Negative:

Subject	Will + not + have (won't have)	Been	Present Participle	Complement
They	will not have (won't have)	been	studying	with us.

Interrogative:

Will	Subject	Have	been	Present Participle	Complement?
Will	he	have	been	studying	with you?

Form	Example
Affirmative	By this time tomorrow, I will have been studying for the exam for three hours. She will have been living in that city for ten years by next month.
Negative	By next week, he won't have been working at the company for a month. They won't have been living in that house for a year by December.
Interrogative	Will you have been working on the project for a long time by the deadline? How long will she have been waiting for the results by the time they announce them?

Usage:

To talk about ongoing actions that will be completed before a specific time in the future:

- By the time you come back, I will have been studying abroad for a year.

To express the duration of an action up to a future point:

- They will have been living in that country for five years by the end of the contract.

To speculate or make assumptions about the future:

- By next year, he will have been working at that company for a decade.

Remember that the Perfect Continuous tenses are used to emphasize the duration of actions, whether they started in the past, continue in the present, or will be completed in the future. The structure of these tenses involves the auxiliary verbs "have/has" and "had"