Present Perfect vs. Present Perfect Continuous

B1 · Grammar · WORKSHEET

Name: _____ Date: _____

1. Choose the better form.

Choose the option that fits.

1. I ___ for the test all night. I'm exhausted.
   Choices: have been studying / have studied / am studying

   Answer: _____

2. I ___ four chapters so far.
   Choices: have read / have been reading / am reading

   Answer: _____

3. We ___ each other for ten years.
   Choices: have known / have been knowing / know

   Answer: _____

4. She ___ English for two years, and she is much better now.
   Choices: has been learning / has learned / is learned

   Answer: _____

2. Complete the sentence.

Write the correct form of the verb.

1. I've ___ three emails this morning. (write)

2. I've been ___ emails all morning. (write)

3. She has ___ in Mexico City for five years. (live)

4. He's been ___ football since he was a kid. (play)

3. Activity or result?

Write sentences with both forms.

1. Write a sentence about an activity you have been doing for a long time.

3. Activity or result? (continued)

2. Write a sentence with a result or number.

3. Write a sentence with a state verb and for or since.