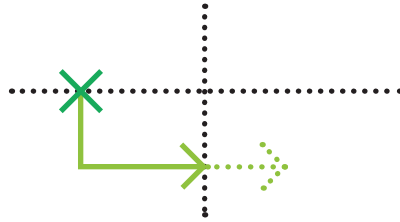


Present Perfect Vs. Present Perfect Progressive

Present Perfect

Use this tense to show an action that started in the past, continues to the present, and **may** continue into the future.

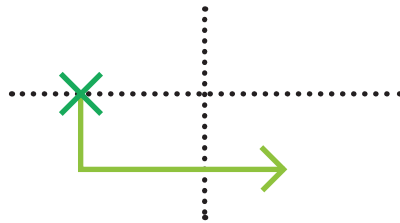


Examples:

- I have studied English for five years.
- He has lived in the same house since he was a baby.
- She has been up all night.

Present Perfect Progressive

Use this tense to show an action that started in the past, continues to the present, and **will** continue into the future.



Examples:

- I have been studying English for five years.
- He has been living in the same house since he was a baby.
- She has been doing her homework since 6:00 pm.

Note: The present perfect is also used to show a **finished past action** where no time marker is used.

Example: *I have been to Paris.*

See <http://blog.sproutenglish.com/teaching-the-present-perfect/> for more information.

Time markers: *for*, *all*, and *since*

For and **all** show the **duration** of an action.

Since shows the **starting point** of an action.

What's the difference?

The focus of the **present perfect** is on the past to the present. The future isn't really important for this tense. If you need to emphasize that the action will continue into the future, you can use the **present perfect progressive**. For example, you might say *I have been studying English for five years* on the first day of class (but *I have studied English for five years* is also correct). As another example, you might say *I have been living in San Francisco for 12 years* at a job interview to emphasize that you'll continue to live there (but *I have lived in San Francisco for 12 years* is also correct).