Present Perfect Continuous Worksheet: How Long Have You Been…?

For English teachers and learners · englishcue.app

NAME

DATE

Remember

Form	Example
have / has been + -ing	I've been waiting for an hour.
How long…? + for (period) / since (point)	She's been working here since March.
Recent activity with a visible result	Your eyes are red. Have you been crying?
Simple for results and numbers · continuous for duration	I've read 50 pages. I've been reading all day.

Typical mistakes

× Learners often say	✓ Say instead
I am waiting here since ten o'clock.	I've been waiting here since ten o'clock.
How long are you learning English?	How long have you been learning English?
I've been knowing her for years.	I've known her for years.

1. Complete

Complete with the present perfect continuous of the verb in brackets.

1. I _____ (study) English for three years.
2. It _____ (rain) all morning.
3. How long _____ you _____ (wait)?
4. She's tired because she _____ (work) since 6 a.m.
5. We _____ (not / sleep) well lately.
6. Why are you so dirty? What _____ you _____ (do)?
7. They _____ (live) in Berlin since 2021.
8. He _____ (look) for a job for months.

2. Choose

Present perfect simple or continuous? Circle the best option.

1. I (have read / have been reading) three books this month.
2. She (has known / has been knowing) him since school.
3. You look hot. (Have you run / Have you been running)?
4. We (have painted / have been painting) the kitchen all day, but it isn't finished.
5. He (has lost / has been losing) his wallet. He can't find it.
6. How many cups of coffee (have you drunk / have you been drinking) today?
7. I (have waited / have been waiting) for you for forty minutes!
8. They (have had / have been having) that car for ten years.

3. Correct the mistakes

Each sentence has one mistake. Write it correctly.

1. I live here since 2019.
2. She has been work all night.
3. How long have you been wait?
4. I've been having this phone for two years.
5. We have been knowing each other since we were kids.
6. He's been playing tennis for 2015.

Writing

Write an update to a friend you haven't seen for a year (6–7 sentences). Say what you have been doing lately and what you have done.

Speaking

- How long have you been living in your current home?
- What have you been doing lately in your free time?
- Is there anything you have been meaning to do for a long time?
- What have you been reading, watching or listening to recently?

Answer key

1. Complete: 1 have been studying · 2 has been raining · 3 have … been waiting · 4 has been working · 5 haven't been sleeping · 6 have … been doing · 7 have been living · 8 has been looking

2. Choose: 1 have read · 2 has known · 3 Have you been running · 4 have been painting · 5 has lost · 6 have you drunk · 7 have been waiting · 8 have had

3. Correct the mistakes: 1 I've lived / I've been living here since 2019. · 2 She has been working all night. · 3 How long have you been waiting? · 4 I've had this phone for two years. · 5 We have known each other since we were kids. · 6 He's been playing tennis since 2015.

Writing, model answer: Hi Clara! It's been ages! I've been working at a new company since February and I love it. I've also been taking salsa classes on Tuesdays. I haven't been sleeping much, because my neighbours have been renovating their flat for months. On the good side, I've saved enough money for a trip, and I've booked flights to Lisbon. What have you been up to?