



Present Perfect Continuous: Negatives & Contractions

Fill in the blank with the correct option.

1. I ___ (not/sleep) well lately.
a) don't sleep
b) haven't been sleeping
c) hasn't been sleeping
d) didn't sleep
2. She ___ (not/feel) well this week.
a) isn't feeling
b) hasn't been feeling
c) doesn't feel
d) haven't been feeling
3. They ___ (not/practice) enough for the concert.
a) aren't practicing
b) hasn't been practicing
c) don't practice
d) haven't been practicing
4. He ___ (not/work) hard recently.
a) hasn't been working
b) haven't been working
c) isn't working
d) doesn't work
5. We ___ (not/see) much of each other lately.
a) aren't seeing
b) hasn't been seeing
c) haven't been seeing
d) don't see
6. It ___ (not/rain) much this summer.
a) hasn't been raining
b) isn't raining
c) doesn't rain
d) haven't been raining
7. You ___ (not/listen) to me!
a) hasn't been listening
b) don't listen
c) haven't been listening
d) aren't listening
8. The children ___ (not/eat) their vegetables.
a) haven't been eating
b) aren't eating
c) don't eat
d) hasn't been eating
9. My car ___ (not/run) properly since last week.
a) hasn't been running
b) doesn't run
c) isn't running
d) haven't been running
10. I ___ (not/exercise) as much as I should.
a) am not exercising
b) haven't been exercising
c) don't exercise
d) hasn't been exercising
11. She ___ (not/take) her medicine regularly.
a) haven't been taking
b) doesn't take
c) hasn't been taking
d) isn't taking

12. The player ___ (not/perform) well this season.
a) hasn't been performing
b) doesn't perform
c) haven't been performing
d) isn't performing
13. We ___ (not/make) much progress on the project.
a) aren't making
b) haven't been making
c) hasn't been making
d) don't make
14. Tom ___ (not/come) to class this week.
a) hasn't been coming
b) doesn't come
c) isn't coming
d) haven't been coming
15. I ___ (not/pay) attention in class. I'm sorry.
a) haven't been paying
b) hasn't been paying
c) am not paying
d) don't pay
16. The baby ___ (not/sleep) through the night.
a) isn't sleeping
b) haven't been sleeping
c) hasn't been sleeping
d) doesn't sleep
17. You ___ (not/study) hard enough for the exam.
a) aren't studying
b) hasn't been studying
c) don't study
d) haven't been studying
18. My phone ___ (not/work) properly for days.
a) doesn't work
b) isn't working
c) haven't been working
d) hasn't been working
19. They ___ (not/communicate) well with each other recently.
a) haven't been communicating
b) don't communicate
c) hasn't been communicating
d) aren't communicating
20. He ___ (not/look) after himself since his wife left.
a) hasn't been looking
b) haven't been looking
c) doesn't look
d) isn't looking



Answers

1. b) haven't been sleeping
2. b) hasn't been feeling
3. d) haven't been practicing
4. a) hasn't been working
5. c) haven't been seeing
6. a) hasn't been raining
7. c) haven't been listening
8. a) haven't been eating
9. a) hasn't been running
10. b) haven't been exercising
11. c) hasn't been taking
12. a) hasn't been performing
13. b) haven't been making
14. a) hasn't been coming
15. a) haven't been paying
16. c) hasn't been sleeping
17. d) haven't been studying
18. d) hasn't been working
19. a) haven't been communicating
20. a) hasn't been looking



Explanations

1. “haven't been sleeping” (b)

Use 'haven't been sleeping' with 'I'. Negative form: have not (haven't) been + verb-ing.

2. “hasn't been feeling” (b)

Use 'hasn't been feeling' with 'she'. For he/she/it, use has not (hasn't) been + verb-ing.

3. “haven't been practicing” (d)

Use 'haven't been practicing' with 'they'. Both 'practicing' (US) and 'practising' (UK) are correct.

4. “hasn't been working” (a)

Use 'hasn't been working' with 'he'. 'Recently' indicates the time period up to now.

5. “haven't been seeing” (c)

Use 'haven't been seeing' with 'we'. This describes a lack of contact over a recent period.

6. “hasn't been raining” (a)

Use 'hasn't been raining' with 'it'. Weather patterns over a period use Present Perfect Continuous.

7. “haven't been listening” (c)

Use 'haven't been listening' with 'you'. This emphasizes ongoing inattention.

8. “haven't been eating” (a)

Use 'haven't been eating' with 'the children' (they). This describes ongoing behavior.

9. “hasn't been running” (a)

Use 'hasn't been running' with 'my car' (it). 'Since last week' marks when the problem started.

10. “haven't been exercising” (b)

Use 'haven't been exercising' with 'I'. This admits to a lack of ongoing effort.

11. “hasn't been taking” (c)

Use 'hasn't been taking' with 'she'. This describes inconsistent ongoing action.

12. “hasn't been performing” (a)

Use 'hasn't been performing' with 'the player' (singular). 'This season' is the ongoing time period.

13. “haven't been making” (b)

Use 'haven't been making' with 'we'. This describes lack of ongoing achievement.

14. “hasn't been coming” (a)

Use 'hasn't been coming' with 'Tom' (he). 'This week' shows the recent period of absence.

15. “haven't been paying” (a)

Use 'haven't been paying' with 'I'. This admits to ongoing inattention.

16. “hasn't been sleeping” (c)

Use 'hasn't been sleeping' with 'the baby' (it/he/she). This describes ongoing sleep problems.

17. “haven't been studying” (d)

Use 'haven't been studying' with 'you'. This criticizes lack of ongoing effort.

18. “hasn't been working” (d)

Use 'hasn't been working' with 'my phone' (it). 'For days' shows the duration of the problem.

19. “haven't been communicating” (a)

Use 'haven't been communicating' with 'they'. 'Recently' points to the ongoing period.

20. “hasn't been looking” (a)

Use 'hasn't been looking' with 'he'. 'Since his wife left' marks when this started.