



Present Perfect Continuous: Present Perfect Simple vs Continuous

Fill in the blank with the correct option.

- I ___ three cups of coffee today. (focus on quantity/result)
a) am drinking
b) drunk
c) have drunk
d) have been drinking
- I ___ coffee all morning. That's why I'm so energetic! (focus on process/duration)
a) have drunk
b) drank
c) drink
d) have been drinking
- She ___ the book. She can tell you how it ends. (completed action)
a) read
b) is reading
c) has been reading
d) has read
- She ___ that book for weeks. She's only halfway through. (incomplete, ongoing)
a) has been reading
b) has read
c) reads
d) read
- I ___ you for years. (state, not action)
a) have known
b) knew
c) have been knowing
d) am knowing
- How many emails ___ you ___ today? (asking about quantity)
a) have ... been sending
b) did ... send
c) have ... sent
d) are ... sending
- Your eyes are red. ___ you ___? (asking about recent activity)
a) Did ... cry
b) Have ... been crying
c) Are ... crying
d) Have ... cried
- I ___ this laptop since 2018. (own = stative verb)
a) am having
b) have been having
c) had
d) have had
- They ___ five houses this year. Business is good! (focus on achievement/number)
a) have sold
b) sell
c) sold
d) have been selling
- They ___ houses for ten years. They're very experienced. (focus on experience over time)
a) are selling
b) have been selling
c) sold
d) have sold
- I ___ him. He's not a good friend. (believe = stative verb)
a) have never trusted
b) have never been trusting
c) never trusted
d) don't trust

12. I'm exhausted. I ___ all day. (focus on tiring activity)
a) work
b) have worked
c) have been working
d) worked
13. ___ you ever ___ sushi? (asking about life experience)
a) Have ... been trying
b) Have ... tried
c) Did ... try
d) Are ... trying
14. She ___ all the cookies! There are none left. (focus on result)
a) has eaten
b) eats
c) ate
d) has been eating
15. Who ___ my chocolate? There's less than before! (focus on ongoing action)
a) has eaten
b) eats
c) has been eating
d) ate
16. How long ___ you ___ each other? (know = stative verb)
a) do ... know
b) have ... known
c) have ... been knowing
d) did ... know
17. I ___ to call you all day, but your phone was off. (focus on repeated attempts)
a) have tried
b) try
c) have been trying
d) tried
18. I ___ this song before. It sounds familiar. (recognize = stative verb)
a) hear
b) have been hearing
c) have heard
d) heard
19. He ___ three interviews this week. He might get a job offer soon. (countable results)
a) has been having
b) has had
c) had
d) is having
20. Sorry, I ___ attention. Can you repeat that? (focus on lack of continuous action)
a) didn't pay
b) don't pay
c) haven't been paying
d) haven't paid



Answers

1. c) have drunk
2. d) have been drinking
3. d) has read
4. a) has been reading
5. a) have known
6. c) have ... sent
7. b) Have ... been crying
8. d) have had
9. a) have sold
10. b) have been selling
11. a) have never trusted
12. c) have been working
13. b) Have ... tried
14. a) has eaten
15. c) has been eating
16. b) have ... known
17. c) have been trying
18. c) have heard
19. b) has had
20. c) haven't been paying



Explanations

1. “have drunk” (c)

Present Perfect Simple for completed actions with countable results. 'Three cups' shows quantity — we focus on the result, not the process.

2. “have been drinking” (d)

Present Perfect Continuous emphasizes the ongoing process and its effect (being energetic). Duration, not quantity, is important here.

3. “has read” (d)

Present Perfect Simple shows the action is complete. She finished the book, so she knows the ending.

4. “has been reading” (a)

Present Perfect Continuous for ongoing actions. She hasn't finished yet — the reading continues.

5. “have known” (a)

'Know' is a stative verb. Stative verbs don't usually take continuous forms. Use Present Perfect Simple.

6. “have ... sent” (c)

'How many' asks about quantity/number. Use Present Perfect Simple for countable completed results.

7. “Have ... been crying” (b)

Present Perfect Continuous connects recent activity to present evidence (red eyes). We're asking about the process.

8. “have had” (d)

'Have' (meaning own) and 'own' are stative verbs. Use Present Perfect Simple, not Continuous.

9. “have sold” (a)

'Five houses' is a countable result. Present Perfect Simple emphasizes the completed achievement.

10. “have been selling” (b)

Present Perfect Continuous emphasizes the duration of the activity, showing ongoing experience.

11. “have never trusted” (a)

'Trust' (meaning believe in) is typically used as a stative verb. Use Present Perfect Simple.

12. “have been working” (c)

Present Perfect Continuous explains the cause of exhaustion — the ongoing process of working.

13. “Have ... tried” (b)

'Ever' asks about life experience — completed actions at any point. Use Present Perfect Simple.

14. “has eaten” (a)

The result (no cookies left) is what matters. Present Perfect Simple for completed action with clear result.

15. “has been eating” (c)

Some chocolate remains — the eating is ongoing/repeated. Present Perfect Continuous for incomplete action.

16. “have ... known” (b)

'Know' is stative — it describes a state, not an action. Use Present Perfect Simple even with 'How long'.

17. “have been trying” (c)

Present Perfect Continuous emphasizes the repeated, ongoing effort throughout the day.

18. “have heard” (c)

'Hear' in this sense (recognize) is stative. Use Present Perfect Simple.

19. “has had” (b)

'Three interviews' is a countable result. Present Perfect Simple for completed, counted actions.

20. “haven't been paying” (c)

Present Perfect Continuous emphasizes the ongoing lack of attention leading to the current moment.