



Present Perfect Continuous: Mixed Practice & Real-Life Contexts

Fill in the blank with the correct option.

- A: You look exhausted! B: I know. I ____ (work) overtime every day this week.
a) have worked
b) worked
c) have been working
d) am working
- A: Is the report ready? B: Almost. I ____ (write) it all morning.
a) am writing
b) wrote
c) have been writing
d) have written
- A: How's your new job? B: Great! I ____ (enjoy) it more and more every day.
a) enjoyed
b) enjoy
c) had been enjoying
d) have been enjoying
- A: Why is the floor wet? B: The kids ____ (play) with water balloons.
a) have played
b) have been playing
c) are playing
d) played
- A: You speak French very well! B: Thanks. I ____ (study) it for five years.
a) studied
b) have been studying
c) have studied
d) study
- A: Where's Tom? B: I don't know. I ____ (not/see) him all day.
a) don't see
b) haven't seen
c) didn't see
d) haven't been seeing
- A: ____ you ____ (wait) long? B: About twenty minutes.
a) Have ... been waiting
b) Are ... waiting
c) Have ... waited
d) Did ... wait
- A: Your English is really improving! B: Thanks! I ____ (practice) every day.
a) have practiced
b) practiced
c) practice
d) have been practicing
- A: What's that noise? B: The neighbors ____ (renovate) their apartment.
a) have been renovating
b) are renovating
c) renovated
d) have renovated
- A: Why are you so happy? B: I ____ (chat) with my best friend. We haven't talked in months!
a) am chatting
b) have chatted
c) have been chatting
d) chatted
- A: I'm worried about Sarah. B: Me too. She ____ (act) strangely lately.
a) acted
b) acts
c) has acted
d) has been acting



Answers

1. c) have been working
2. c) have been writing
3. d) have been enjoying
4. b) have been playing
5. b) have been studying
6. b) haven't seen
7. a) Have ... been waiting
8. d) have been practicing
9. a) have been renovating
10. c) have been chatting
11. d) has been acting
12. d) has ... been sleeping
13. a) has been raining
14. a) have ... been doing
15. b) have been gardening
16. d) have been having
17. a) have been eating
18. c) have been reading
19. c) have been dealing
20. b) have been working



Explanations

1. “have been working” (c)

Present Perfect Continuous explains the reason for exhaustion and emphasizes the ongoing situation this week.

2. “have been writing” (c)

The report isn't finished yet. Present Perfect Continuous shows ongoing work up to now.

3. “have been enjoying” (d)

'More and more every day' signals a progressive, ongoing change — Present Perfect Continuous captures this evolving experience since starting the job.

4. “have been playing” (b)

The wet floor is evidence of recent activity. Present Perfect Continuous connects cause to present result.

5. “have been studying” (b)

'For five years' indicates duration. Present Perfect Continuous emphasizes the ongoing learning process.

6. “haven't seen” (b)

'See' is typically a stative verb, so Present Perfect Simple is more natural here. 'All day' refers to the period up to now.

7. “Have ... been waiting” (a)

This is a typical question about duration. Present Perfect Continuous is natural for asking about waiting time.

8. “have been practicing” (d)

Improvement is the result of ongoing practice. Present Perfect Continuous shows the continuous effort.

9. “have been renovating” (a)

The noise is present evidence of ongoing renovation. This temporary situation uses Present Perfect Continuous.

10. “have been chatting” (c)

Happiness is the result of the recent chatting. Present Perfect Continuous explains the current emotional state.

11. “has been acting” (d)

'Lately' signals recent ongoing behavior. Present Perfect Continuous describes the concerning pattern.

12. “has ... been sleeping” (d)

'How long' with ongoing sleep uses Present Perfect Continuous. The baby is still sleeping.

13. “has been raining” (a)

'For a week' shows duration. The rain continues, causing frustration. Present Perfect Continuous is perfect here.

14. “have ... been doing” (a)

This common question asks about activities over a period. Present Perfect Continuous is the natural choice.

15. “have been gardening” (b)

Dirty clothes are evidence of recent gardening. Present Perfect Continuous connects past activity to present state.

16. “have been having” (d)

'Have' meaning 'experience' can be continuous. 'Recently' indicates ongoing relationship issues.

17. “have been eating” (a)

Growth is the result of ongoing eating. Present Perfect Continuous shows the continuous process.

18. “have been reading” (c)

The person was productively using the waiting time. Present Perfect Continuous describes this ongoing activity.

19. “have been dealing” (c)

Stress is the result of ongoing difficult interactions. 'All week' emphasizes the continuous challenge.

20. “have been working” (b)

The promotion is the result of years of ongoing effort. Present Perfect Continuous emphasizes the journey.