



Tense Comparison: Present Perfect Simple vs Continuous

Fill in the blank with the correct option.

1. I ___ all day and my legs are tired.
a) am walking
b) have walked
c) have been walking
d) walked
2. She ___ three cups of coffee this morning.
a) has drunk
b) drank
c) has been drinking
d) drinks
3. How long ___ you ___ for this company?
a) had / worked
b) are / working
c) have / been working
d) did / work
4. I ___ the book you lent me. Here it is.
a) have been finishing
b) have finished
c) am finishing
d) finished
5. Why are you so dirty? — I ___ in the garden.
a) have been working
b) have worked
c) worked
d) work
6. They ___ married for 25 years.
a) were
b) have been
c) are
d) have been being
7. Someone ___ my sandwich! It's gone!
a) has been eating
b) has eaten
c) is eating
d) ate
8. I ___ all morning. I need a break.
a) study
b) studied
c) have studied
d) have been studying
9. How many pages ___ you ___ so far?
a) are / reading
b) have / been reading
c) did / read
d) have / read
10. It ___ since morning. The streets are flooded.
a) rains
b) rained
c) has been raining
d) has rained
11. I ___ him since 2015.
a) have known
b) knew
c) have been knowing
d) know

12. She ___ five emails this morning.
a) has been writing
b) wrote
c) has written
d) writes
13. You look exhausted. What ___ you ___?
a) have / done
b) have / been doing
c) did / do
d) do / do
14. I ___ this house for ten years. I love it.
a) owned
b) have owned
c) own
d) have been owning
15. The children ___ in the mud. Look at their clothes!
a) have been playing
b) play
c) have played
d) played
16. I ___ the report. You can read it now.
a) completed
b) have been completing
c) complete
d) have completed
17. How long ___ you ___ here?
a) have / waited
b) did / wait
c) are / waiting
d) have / been waiting
18. She ___ 10 km today. That's a new record for her.
a) has been running
b) ran
c) runs
d) has run
19. Your eyes are red. ___ you ___?
a) Have / been crying
b) Have / cried
c) Did / cry
d) Are / crying
20. I ___ this song before. Who sings it?
a) am never hearing
b) have never been hearing
c) have never heard
d) never heard



Answers

1. c) have been walking
2. a) has drunk
3. c) have / been working
4. b) have finished
5. a) have been working
6. b) have been
7. b) has eaten
8. d) have been studying
9. d) have / read
10. c) has been raining
11. a) have known
12. c) has written
13. b) have / been doing
14. b) have owned
15. a) have been playing
16. d) have completed
17. d) have / been waiting
18. d) has run
19. a) Have / been crying
20. c) have never heard



Explanations

1. “have been walking” (c)

Present Perfect Continuous emphasizes the activity itself and its effect (tired legs).

2. “has drunk” (a)

Present Perfect Simple emphasizes the completed quantity (three cups).

3. “have / been working” (c)

Use Present Perfect Continuous with 'How long' to ask about an activity that began in the past and is still ongoing. 'Had / worked' (Past Perfect) is wrong because there is no second past anchor; 'did / work' closes the period in the past.

4. “have finished” (b)

The focus is on the completed result (finished), so we use Present Perfect Simple.

5. “have been working” (a)

The visible result (dirty) comes from the recent activity, emphasized by Present Perfect Continuous.

6. “have been” (b)

'Be' is a state verb and uses Present Perfect Simple, even for duration.

7. “has eaten” (b)

The sandwich is completely gone, emphasizing the completed action.

8. “have been studying” (d)

The emphasis is on the continuous activity and its tiring effect.

9. “have / read” (d)

'How many' asks about quantity/result, using Present Perfect Simple.

10. “has been raining” (c)

The rain continues with visible effects, using Present Perfect Continuous.

11. “have known” (a)

'Know' is a stative verb that doesn't use continuous forms.

12. “has written” (c)

The focus is on the completed quantity (five emails).

13. “have / been doing” (b)

The visible tiredness suggests asking about recent continuous activity.

14. “have owned” (b)

'Own' is a stative verb and uses Present Perfect Simple for duration.

15. “have been playing” (a)

The messy clothes show the result of continuous activity.

16. “have completed” (d)

The report is finished and ready, emphasizing the completed result.

17. “have / been waiting” (d)

Asking about duration of an ongoing activity uses Present Perfect Continuous.

18. “has run” (d)

The focus is on the completed distance (10 km) as an achievement.

19. “Have / been crying” (a)

The visible effect (red eyes) suggests asking about recent continuous activity.

20. “have never heard” (c)

'Hear' is a stative verb and doesn't use continuous forms.