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Basics. Present Perfect Continuous: Duration and Evidence

Medium | B1 | Intermediate | Negation | Preposition | Present tense | Questions | Verb | Verb tense | Perfect tense | Progressive tense

1. Complete the tired student's complaint to their study group.

I _____ this essay since 8 AM, and I still haven't finished the introduction! My brain is officially on strike.

Select one.

- **A)** have been writing
- **B)** have written
- **C)** am writing
- **D)** write

2. Complete the roommate's frustrated text message.

I _____ to bake this sourdough bread for three hours, and the dough still looks like a sad puddle! I _____ baking tutorials all morning, but absolutely nothing is helping.

Choose the correct option for each gap.

Blank 1

- **A)** have been trying
- **B)** am trying
- **C)** tried

Blank 2

- **A)** have been watching
- **B)** watch
- **C)** was watching

3. Complete the frustrated roommate's text message.

You _____ in the shower for forty-five minutes! Are you trying to wash away your sins, or just all the hot water?

Select one.

- **A)** are singing
- **B)** have sung
- **C)** have been singing
- **D)** were singing

4. Help the detective complete her field notes about a highly suspicious gardener.

The suspect's overalls are dripping with green paint. He claims he _____ a fence, but the paint on the fence is completely dry! Furthermore, he is currently out of breath, which suggests he _____ away from something.

Choose the correct option for each gap.

Blank 1

- **A)** has been painting
- **B)** is painting
- **C)** paints

Blank 2

- **A)** has been running
- **B)** is running
- **C)** runs

5. Help the detective confront the messy suspect by choosing the correct verb tense.

Your clothes are covered in flour and you look exhausted. What exactly _____ in the kitchen for the last three hours?

Select one.

- **A)** are you baking
- **B)** do you bake
- **C)** had you baked
- **D)** have you been baking

6. Help the eccentric gardener finish his blog post by dragging the right verb forms into the text.

"My prize-winning tomato plant _____ at an alarming rate lately. To be completely honest, I _____ that it might take over the entire yard by next week!"

Choose the correct option for each gap.

Blank 1

- **A)** has been growing
- **B)** has grown
- **C)** is growing

Blank 2

- **A)** am worrying
- **B)** have been worrying
- **C)** have worried

7. Finish the concerned mother's message about her teenager's weekend habits.

Leo _____ that new dragon video game since breakfast. He _____ in the exact same chair for six hours, and I am starting to wonder if he has forgotten how to blink!

Choose the correct option for each gap.

Blank 1

- **A)** has been playing
- **B)** is playing
- **C)** played

Blank 2

- **A)** has been sitting
- **B)** sits
- **C)** sat

8. Read a tired student's text messages to her friend. Select ALL the sentences that are grammatically correct.

Select all that apply.

- **A)** I have been studying for my biology exam for three hours.
- **B)** I've been reading this same chapter since 2 PM.
- **C)** I have been knowing this material for weeks.
- **D)** I am studying for this exam since morning.

9. Help the detective complete her interview notes by dragging the correct verb forms into the gaps.

"You look absolutely exhausted, and your shoes are covered in fresh mud. What exactly _____ all morning? I know for a fact that you _____, because your bed is perfectly made!"

Choose the correct option for each gap.

Blank 1

- **A)** have you done
- **B)** have you been doing
- **C)** are you doing

Blank 2

- **A)** haven't been sleeping
- **B)** haven't slept
- **C)** aren't sleeping

10. Complete the nosy neighbor's interrogation of the teenager next door! Select ALL the questions that are grammatically correct.

Select all that apply.

- **A)** Have you been playing your drums again?
- **B)** How long have you been practiced that terrible song?
- **C)** What have you been doing in the garage all afternoon?
- **D)** Has you been making that awful racket since breakfast?

11. Complete the frustrated roommate's sticky note by dragging the correct phrases into the blanks.

"I _____ the dishes for three weeks straight! Meanwhile, you _____ video games on the couch since you woke up. It is time to buy a dishwasher!"

Choose the correct option for each gap.

Blank 1

- **A)** have been washing
- **B)** have washed
- **C)** am washing

Blank 2

- **A)** have played
- **B)** have been playing
- **C)** are playing

12. Review the detective's stakeout notes from the local cafe. Select ALL the observations that are grammatically correct.

Select all that apply.

- **A)** The suspect has been sitting at the corner table since noon.
- **B)** He has being reading a newspaper for 45 minutes.
- **C)** He has been drinking the same cup of coffee for two hours.
- **D)** He has been waited for someone since a long time.