

Present perfect simple vs. present perfect continuous

We use the **present perfect** to talk about something that started in the past and is continuing now or is repeated up to now.

<p>We use the present perfect simple to say <i>how much, how many or how many times</i>.</p> <p>Note: we are interested in the <u>result</u> of the activity, not the activity itself.</p>	<p>We use the present perfect continuous to say <i>how long</i> (for something that is still happening). Note: we are thinking of the <u>activity</u>. It does not matter whether it has been finished or not.</p>
<p><i>Examples:</i> <i>How much of that book have you read?</i> <i>Vanessa is writing emails. She's sent lots of emails this morning.</i> <i>They've played football three times this week.</i> <i>I'm learning Chinese, but I haven't learnt very much yet.</i></p>	<p><i>Examples:</i> <i>How long have you been reading that book?</i> <i>Vanessa is writing emails. She's been writing emails all morning.</i> <i>They've been playing football since 3 o'clock.</i> <i>I'm learning Chinese, but I haven't been learning it very long.</i></p>

Some verbs that express states (for example *be, believe, have, like, know*) are not normally used in the continuous form.

Examples:

*I've always **believed** in the power of meditation.*
*He's **liked** her since she first met her.*
*How long **have** you **known** Martin?*
***Have** you **had** that computer for long?*