

Present Continuous

The present continuous verb tense indicates that an action or condition is happening now, frequently, and may continue into the future.

The Present Continuous Formula: to be [am, is, are] + verb [present participle]

Examples:

He is writing a letter.

They aren't working.

Am I enjoying?

Present Perfect Continuous

The present perfect continuous tense (also known as the present perfect progressive tense) shows that something started in the past and is continuing at the present time. The present perfect continuous is formed using the construction has/have been + the present participle (not + ing).

Examples:

He has been sleeping for 5 hours.

I haven't been sleeping properly for 3 days.

Has he been using his car for 3 years?