UNIT 1	Present Perfect Continuous	Past Perfect Continuous
Form	I have been working (making/running/lying) He has been working	I had been working
	You <u>haven't been</u> working She <u>hasn't been</u> working	He <u>hadn't been</u> working
	Have we been working? Has it been working?	Had they been working?
Uses	<ul> <li>- Acciones prolongadas que empezaron en el pasado y que todavía continúan (1).</li> <li>- Acción recién terminada cuyos efectos se ven en el presente (2).</li> </ul>	- Acciones prolongadas que habían estado ocurriendo en el pasado antes de otra acción breve (3).
Time expressions	- For, since - All day, all night	- Before, after - For, since - All morning, all night

They have been eating lunch for three hours.
 I'm very tired. I've been driving all night.
 She has been cooking. Look at her hands, they are white with flour.

<sup>(3)</sup> They had been playing for an hour before the bell rang.