THE PERFECT ASPECT

Present Perfect have/has + V3/ed

- use for complete actions that have an importance/result in the present:
- Ex. I've painted the room. (my walls in the room are blue now)
- use for unfinished actions that has continued up to the "now" moment:
- Ex. I have known Jack for 5 years now.
- use with the time espressions: already, yet, just, recently, for, since, ever/never.
- Ex. I haven't called her yet.
- She has had her car for 3 years already.
- use with stative verbs: know, have, be, see and etc.

Present Perfect Continuous have/has + been + V ing

- use for temporary situations: Ex. I have been going to the gym recently.
- use to emphasize the duration of an activity with the present result: Ex. I have been doing housework all day. (that's why I'm tired)
- use for repeated actions: I have been going to the hairdresser far too much recently.
- use with the time expressions: for, since, recently, all day/week/month/year