PRACTICAL LESSON

Present Perfect vs Present Perfect Continuous

Lesson category: Mësimet në gjuhë angleze

> Compare a finished result and a quantity with an ongoing duration and activity. Learn when to ask How many? and when to ask How long?, with contrasting example pairs and the verbs that work in only one form.

Present Perfect vs Present Perfect Continuous

Both tenses connect the past with the present, and often either is acceptable. The difference is one of **focus**: the present perfect looks at the *result* or the *quantity*; the present perfect continuous looks at the *activity* and *how long it has lasted*.

Learning objectives

- Identify whether a sentence needs result or duration.
- Match *How many?* with the perfect and *How long?* with the continuous.
- Recognise when only one form is possible.
- Recognise when both are equally natural.

The core contrast

	Present perfect	Present perfect continuous
Form	have/has + past participle	have/has been + verb-ing
Focus	result, completion, quantity	activity, duration, process
Typical question	**How many?**	**How long?**
Finished?	usually yes	often still continuing
Typical adverbs	just, already, yet, ever, never, three times	for, since, all day, lately

Contrasting pairs

Present perfect	Present perfect continuous	Difference
I've written three emails.	*I've been writing emails all morning.*	quantity vs duration
She's cleaned the house.	*She's been cleaning the house.*	finished vs perhaps unfinished
They've built two houses.	*They've been building houses for years.*	result vs ongoing occupation
He's read the book.	*He's been reading the book.*	completed vs in progress

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Present perfect	Present perfect continuous	Difference
I've made a cake.	*I've been making a cake — that's why the kitchen is a mess.*	product vs process and evidence
We've painted the room.	*We've been painting since eight.*	job done vs time spent

How many? or How long?

This single test resolves most cases. If the answer is a **number of completed things**, use the present perfect. If the answer is a **period of time**, use the continuous.

- ***How many*** *pages have you read? — I've read forty.*
- ***How long*** *have you been reading? — For two hours.*

Note that a quantity **cannot** normally go with the continuous: *I've been reading forty pages* is not natural English.

When only the perfect works

- With **stative verbs**: *I've known her for years.* — not *been knowing*.
- With a **quantity**: *She's sold six cars this month.*
- With verbs of **completion**: *I've finished. I've arrived.*
- With *ever, never, already, yet*: *Have you ever eaten oysters?*

When only the continuous works

- When the activity clearly **continues**: *It's been raining since noon and it hasn't stopped.*
- When you explain **visible evidence**: *Your eyes are red. Have you been crying?*
- When you stress **effort or annoyance**: *I've been trying to reach you all day!*

When both are fine

With *live, work, study, teach* and similar long-term activities, the two forms are almost interchangeable:

- *I****'ve worked*** *here for ten years. = I****'ve been working*** *here for ten years.*
- *She****'s studied*** *English since 2019. = She****'s been studying*** *English since 2019.*

Common mistakes

Mistake	Correct	Why
I've been writing three emails.	**I've written three emails.**	a quantity needs the perfect
How long have you read?	**How long have you been reading?**	duration needs the continuous
I've been finishing the report.	**I've finished the report.**	*finish* is a completion verb
She's been having a car since 2019.	**She's had a car since 2019.**	possession is stative
I've been to the gym for two hours.	**I've been at the gym for two hours.**	*been to* means a completed visit

Learning tips

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1. Before choosing, form the question in your head: *How many?* or *How long?*
2. Ask whether the sentence is about a *thing produced* or *time spent*.
3. Practise with the same verb in both forms; the contrast is clearer than isolated examples.

Summary checklist

- Result or quantity → present perfect.
- Duration, process or evidence → present perfect continuous.
- Stative verb → perfect only.
- Number in the sentence → perfect only.

Shpjegim në gjuhën shqipe

Rregulli i anglishtes, i shpjeguar në shqip

Të dyja format lidhin të shkuarën me të tashmen dhe shpesh të dyja janë të pranueshme. Dallimi qëndron te **fokusi**.

Koha e **kryer e thjeshtë** shikon rezultatin, përfundimin ose sasinë: sa gjëra janë bërë. Koha e **kryer e vazhduar** shikon veprimtarinë dhe kohëzgjatjen: sa gjatë ka zgjatur.

Prova më e shpejtë është pyetja: nëse fjalia u përgjigjet fjalëve **How many?**, përdoret forma e thjeshtë; nëse u përgjigjet fjalëve **How long?**, përdoret e vazhduara. Një numër i caktuar gjërash nuk shkon kurrë me formën e vazhduar.

Vetëm forma e thjeshtë përdoret me foljet e gjendjes, me sasi dhe me foljet që tregojnë përfundim si *finish* dhe *arrive*. Vetëm e vazhduara përdoret kur theksohen shenjat e dukshme ose përpjekja e gjatë.

Ekuivalenti në gjuhën shqipe

Shqipja nuk e bën këtë dallim me forma të veçanta foljore. Ajo e shpreh të njëjtin ndryshim me **fjalë**: sasia me numërorë (*tri letra*) dhe kohëzgjatja me shprehje kohore (*gjithë mëngjesin*, *prej dy orësh*). Prandaj folësit e shqipes duhet të mësojnë të zgjedhin një formë atje ku gjuha e tyre ndryshon vetëm fjalorin.

Krahasimi themelor

Anglisht	Shqip	Fokusi
I've written three emails.	Kam shkruar tri email-e.	sasia, rezultati
I've been writing emails all morning.	Kam shkruar email-e gjithë mëngjesin.	kohëzgjatja, veprimtaria
She's cleaned the house.	Ajo e ka pastruar shtëpinë.	puna ka mbaruar
She's been cleaning the house.	Ajo ka pastruar shtëpinë prej orësh.	ndoshta nuk ka mbaruar

Prova e pyetjes

Pyetja	Shqip	Forma
How many?	Sa (numër)?	present perfect

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Pyetja	Shqip	Forma
How long?	Sa kohë?	present perfect continuous

Kjo është mënyra më e shpejtë e zgjedhjes. Nëse përgjigjja është një **numër gjërash të përfunduara**, përdorni të kryerën e thjeshtë; nëse është një **periudhë kohe**, përdorni të vazhduarën.

- ***How many*** *pages have you read?* — Sa faqe ke lexuar? — *I've read forty.*
- ***How long*** *have you been reading?* — Sa kohë ke lexuar? — *For two hours.*

Kur funksionon vetëm njëra

Rasti	Forma	Shembull
Folje gjendjeje	e kryera e thjeshtë	*I've known her for years.* — E njoh prej vitesh.
Sasi e caktuar	e kryera e thjeshtë	*She's sold six cars.* — Ka shitur gjashtë makina.
Folje përfundimi	e kryera e thjeshtë	*I've finished.* — Kam mbaruar.
Shenja të dukshme	e vazhduara	*Your eyes are red. Have you been crying?* — A ke qarë?
Theksim i lodhjes	e vazhduara	*I've been trying all day!* — Kam provuar gjithë ditën!

Gabime të zakonshme të folësve të shqipes

Gabimi	E saktë	Pse
I've been writing three emails.	**I've written three emails.**	sasia kërkon të kryerën e thjeshtë
How long have you read?	**How long have you been reading?**	kohëzgjatja kërkon të vazhduarën
I've been finishing the report.	**I've finished the report.**	*finish* tregon përfundim
She's been having a car since 2019.	**She's had a car since 2019.**	zotërimi është gjendje

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