

# Present Perfect Continuous Tense Stories

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The Present Perfect Continuous tense is used to describe actions that started in the past and are still continuing, or have recently stopped but have a connection to the present. It is often used to emphasize the duration of an activity. In the following stories, you'll see examples of this tense highlighted in bold to help you understand how it's used in everyday situations.

## 1. Sarah's New Hobby: Gardening

Sarah **has been learning** how to garden for the past few months. She started with a small patch in her backyard, planting a few flowers and herbs. At first, she struggled, but with each passing week, her skills have improved. Her friends often compliment her on the lush plants, and Sarah is proud of how far she **has come**. She loves sharing photos of her garden online, and her followers **have been asking** for tips.

Lately, Sarah **has been focusing** on growing vegetables. Every morning, she checks her tomatoes and peppers, watering them carefully and removing any weeds. The process **has been teaching** her patience, as the vegetables take time to grow. Sarah enjoys watching them thrive and eagerly awaits the day she can make a fresh salad with her homegrown produce.

Her hard work **has been paying off**. The vegetables are almost ready to be harvested, and Sarah's garden is flourishing more than ever. She **has been thinking** about expanding her garden even further, perhaps adding a few fruit trees. Gardening, which started as a simple hobby, **has become** an important part of her daily routine.

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### Exercises:

1. How long **has Sarah been learning** to garden?
2. What types of plants **has Sarah been growing** recently?
3. What new challenge **has Sarah been considering**?

### Answer Key:

1. Sarah **has been learning** to garden for the past few months.
  2. Sarah **has been growing** tomatoes and peppers.
  3. Sarah **has been thinking** about expanding her garden and adding fruit trees.
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## 2. Mark's Marathon Training

Mark **has been preparing** for his first marathon for over six months. Every morning before sunrise, he goes for a run, regardless of the weather. The training **has been pushing** his limits, but Mark **has been determined** to complete the race. His coach **has been guiding** him through a strict regimen, including a balanced diet and recovery techniques.

In the past few weeks, Mark **has been increasing** his running distance. He started with short runs and gradually built up to longer ones. His muscles often ache, but he **has been staying** focused on his goal. Mark's friends and family **have been supporting** him by cheering him on during his practice runs, which boosts his motivation.

Now that the marathon is just days away, Mark **has been feeling** both excited and nervous. He knows that the months of hard work **have been worth** it. Whether he wins or not, he is proud of the dedication he **has been showing**. Running this marathon is more than just a race; it's proof that he **has been pushing** himself to new limits.

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### Exercises:

1. How long **has Mark been preparing** for the marathon?
2. What routine **has Mark been following** during his training?
3. What emotions **has Mark been feeling** as the marathon approaches?

### Answer Key:

1. Mark **has been preparing** for over six months.
  2. Mark **has been following** a regimen that includes running, a balanced diet, and recovery techniques.
  3. Mark **has been feeling** both excited and nervous as the marathon approaches.
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### 3. Lisa's Language Journey

Lisa **has been studying** Spanish for the last year. She **has been taking** classes twice a week and practicing with language apps on her phone. Her main goal **has been improving** her conversation skills, as she plans to travel to Spain next summer. Lisa **has been making** a lot of progress, and her confidence **has been growing** with each new lesson.

Recently, Lisa **has been speaking** more with native Spanish speakers. She joined an online community where she can chat with people from different Spanish-speaking countries. This interaction **has been helping** her understand different accents and slang. Her tutor **has been noticing** the improvement and encourages her to keep practicing.

Although Lisa **has been facing** some challenges with grammar, she remains optimistic. She knows that learning a new language takes time, and she **has been enjoying** the journey. Lisa's friends **have been amazed** by how fluent she's becoming and can't wait to hear about her experiences when she finally travels to Spain.

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#### Exercises:

1. How long **has Lisa been studying** Spanish?
2. What method **has Lisa been using** to improve her Spanish?
3. What has been the most challenging part of learning for Lisa?

#### Answer Key:

1. Lisa **has been studying** Spanish for the last year.
2. Lisa **has been practicing** with language apps and speaking with native speakers.
3. Lisa **has been facing** challenges with grammar.

### 4. Alex and His Guitar Journey

Alex **has been playing** the guitar for about two years now, but recently, he **has been dedicating** more time to it than ever before. His passion for music started when he was a teenager, but it wasn't until recently that he decided to take it seriously. Every evening, after finishing his work, he spends at least two hours practicing. He **has been learning** new chords and techniques to improve his skills. His favorite genre to play is blues, but lately, he **has been exploring** jazz and classical music.

For the past few months, Alex **has been taking** lessons from an online tutor. The lessons **have been pushing** him to try more difficult songs. He **has been struggling** with some complex fingerpicking patterns, but his tutor **has been encouraging** him to keep going. Alex knows that these challenges are just part of the learning process, and the satisfaction of mastering a song makes it all worth it. His family and friends **have been supportive** of his journey, often asking him to play for them during family gatherings.

Recently, Alex **has been considering** starting his own YouTube channel where he can upload videos of himself playing different songs. He **has been thinking** about this for a while, but he wasn't sure if he was ready. However, after receiving positive feedback from his tutor and loved ones, he feels more confident. He **has been preparing** a few recordings to upload, and he **has been practicing** daily to make sure they sound perfect. Starting this channel would not only be a fun project but also a way to track how far he **has come** in his guitar journey.

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### Exercises:

1. How long **has Alex been playing** the guitar?
2. What types of music **has Alex been exploring** recently?
3. What new project **has Alex been considering**?

### Answer Key:

1. Alex **has been playing** the guitar for about two years.
  2. Alex **has been exploring** jazz and classical music recently.
  3. Alex **has been considering** starting his own YouTube channel.
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## 5. Emma's Fitness Transformation

Emma **has been working** on her fitness for the last year. After a long period of inactivity, she realized that she needed to make a change in her lifestyle. She **has been going** to the gym regularly, aiming to build strength and improve her overall health. At first, it was difficult, and she **has been feeling** sore after almost every workout. But Emma **has been determined** to stick with it, and over time, she started to notice improvements in both her strength and endurance.

Emma **has been focusing** on weight training for the past six months. She **has been lifting** heavier weights as her muscles grow stronger. Her personal trainer **has been helping** her with proper form and technique, ensuring that she doesn't injure herself. Emma **has been keeping** a workout journal to track her progress, and she **has been surprised** at how much she has improved since she first started. Along with her workouts, she **has been maintaining** a balanced diet, which has also contributed to her transformation.

Lately, Emma **has been thinking** about signing up for her first fitness competition. This is something she never would have considered a year ago, but her progress **has been giving** her more confidence. She **has been training** even harder in preparation for it, pushing herself beyond her comfort zone. Her friends and family **have been noticing** the positive changes in her, not just physically but mentally as well. Emma feels stronger, healthier, and more motivated than ever, and she **has been looking forward** to achieving even more in her fitness journey.

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**Exercises:**

1. How long **has Emma been working** on her fitness?
2. What kind of training **has Emma been focusing** on for the last six months?
3. What goal **has Emma been thinking** about recently?

**Answer Key:**

1. Emma **has been working** on her fitness for the last year.
2. Emma **has been focusing** on weight training for the last six months.
3. Emma **has been thinking** about signing up for her first fitness competition.