

## PRATIK DERS

# Present Perfect vs Present Perfect Continuous

Ders kategorisi: 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 | <b>How many?</b>                             | <b>How long?</b>            |
| 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>I've written three emails.</i> | <i>I've been writing emails all morning.</i>   | quantity vs duration           |
| <i>She's cleaned the house.</i>   | <i>She's been cleaning the house.</i>          | finished vs perhaps unfinished |
| <i>They've built two houses.</i>  | <i>They've been building houses for years.</i> | result vs ongoing occupation   |
| <i>He's read the book.</i>        | <i>He's been reading the book.</i>             | completed vs in progress       |

| Present perfect                | Present perfect continuous                                         | Difference                      |
|--------------------------------|--------------------------------------------------------------------|---------------------------------|
| <i>I've made a cake.</i>       | <i>I've been making a cake — that's why the kitchen is a mess.</i> | product vs process and evidence |
| <i>We've painted the room.</i> | <i>We've been painting since eight.</i>                            | 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>I've been writing three emails.</i>     | <b>I've written three emails.</b>          | a quantity needs the perfect           |
| <i>How long have you read?</i>             | <b>How long have you been reading?</b>     | duration needs the continuous          |
| <i>I've been finishing the report.</i>     | <b>I've finished the report.</b>           | <i>finish</i> is a completion verb     |
| <i>She's been having a car since 2019.</i> | <b>She's had a car since 2019.</b>         | possession is stative                  |
| <i>I've been to the gym for two hours.</i> | <b>I've been at the gym for two hours.</b> | <i>been to</i> means a completed visit |

## Learning tips

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

### Prova e pyetjes

| Pyetja           | Shqip       | Forma           |
|------------------|-------------|-----------------|
| <b>How many?</b> | Sa (numër)? | present perfect |

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

## Gabime të zakonshme të folësve të shqipes

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