Present Perfect Simple and Present Perfect Continuous

Form	Uses	Examples
Present Perfect Simple (+) Have / has + past participle	a Actions that took place at an unstated time in the past but still relevant to the present	I have already seen the film
(-) Have / has not + past participle	b an experience that happened some time in your life	Have you seen a reality show yet?
(?) Have / has + subject + past participle	c an action that started in the past and continues to the present	I have always wanted to experience the excitement of downhill skiing.
(+) Present Perfect Continuous Have / has + been + verb+ing	a unfinished actions began in the past and still happening now.	People have been watching films in that screen for many years
(-) Have / has not + been + verb+ing	This structure adds the sense of time duration	
()	b Actions that have just finished and still influence the present	The grass is wet because it has been raining all day.
(?) Have / has + subject + been + verb+ing	This structure adds the sense of insistence or difficulty	I'm sweating because I've been chopping wood for hours.