40 Present perfect simple or continuous?

Differences in use

PRESENT PERFECT SIMPLE	PRESENT PERFECT CONTINUOUS
An action that is completed: I've driven an automatic car before.	An activity that is still continuing, or has just ended: I've been driving since nine o'clock.
emphasis on the result of a past action:	emphasis on the cause of a present result:
GARAGE	
The mechanic has repaired the car. (It's ready for the customer now.)	Why is Caroline dirty? She's been repairing the car.
To answer the questions 'how much?' or 'how many?'	To answer the question 'how long?'
We've played six games. Karl has driven 200 miles.	We've been playing for three hours. Karl's been driving since nine o'clock.
Time expressions: always, recently, before, ever, already, just, still, yet, for and since	Time expressions: for, since (NOT always, yet)
I've always lived in that flat.	X I've always been living in that flat.
I've lived there since I was born.	✓ I've been living there for years.

2 State verbs

With state verbs (e.g. understand, know, be, own) we use the present perfect simple, not the present perfect continuous:



A Y've been knowing Ben since I was six.

✓ I've known Ben since I was six.

We can use always and never with these verbs:

I've always liked ice cream. Switzerland has never had a king.

Have you always owned a car?

State verbs > Unit 29.3

Some verbs (e.g. live, work, teach, study) describe an action which continues over a period of time, not a single event. We can use these verbs with for or since in the present perfect simple or continuous. There's very little difference in meaning:

'How long have you lived/have you been living here?' 'We've lived/We've been living in this house since we got married.'

Alice has studied/has been studying maths for three years.