The Present Perfect Continuous. have (has) been + Verb (Present Participle Ving)

Утвердительная форма.	Отрицательная форма.	Вопросительная форма.
have (has) been + Verb (Present	have \ has + not been Ving	Have \ Has+ been Ving?
Participle)		TT T1 1. 0
I have been asking	I have <i>not</i> been asking	Have I been asking?
I have been asking	You have not been working	Have you been working?
You have been working	He has not been watching	Has he been watching?
He has been watching	She has not been finishing	Has she been finishing?
She has been finishing	It has not been going	Has it been going?
It has been going	We have not been writing	Have we been writing?
We have been writing	You have not been exploring	Have you been exploring?
You have been exploring	They have not been riding	Have they been riding?
They have been riding	haven't\hasn't	

Спутники: since, for, how long.