

2 Present result

The verb action happened in the past, usually the recent past, and results of the action are felt now.

You've changed. What have you done to yourself?

I've lost some weight.

I've been doing some exercise.

I'm covered in mud because I've been gardening.

In this use, the simple emphasizes the completed action. The continuous emphasizes the repeated activities over a period of time.

Notes

- Certain verbs, by definition, suggest a short action, for example, *start, find, lose, begin, stop, break, die, decide, cut*. They are more often found in the simple.

We've decided to get married.

I've broken a tooth.

I've cut my finger.

In the continuous, these verbs suggest a repeated activity.

I've been stopping smoking for years.

You've been losing everything lately. What's the matter with you?

I've been cutting wood.

- The use of the simple suggests a completed action.

I've painted the bathroom.