Present perfect continuous: an activity that happens in the past and is still in progress or has just stopped.

Present perfect: the action in the past and has a result now.

Present continuous: the action has started but has not finished. We are in the middle of doing it.

***How long, since, for:*** the activity is still happening or has just stopped.

We can define a period of time before now by considering it’s duration with ***FOR+ a period of time,*** or by considering its starting point with **SINCE+ a point in time**.

* In spoken English the verb GET replaces the verb BE in passive sentences:

I broke my favourite cup.

My favourite cup was broken.

My favourite cup got broken.