Long (and short) forms

Present perfect simple

I have (I've) worked you have (you've) worked he has (he's) worked she has (she's) worked it has (it's) worked we have (we've) worked you have (you've) worked they have (they've) worked

Present perfect continuous

I have been (I've been) working you have been (you've been) working he has been (he's been) working she has been (she's been) working it has been (it's been) working we have been (we've been) working you have been (you've been) working they have been (they've been) working I have not (I haven't) worked you have not (you haven't) worked he has not (he hasn't) worked she has not (she hasn't) worked it has not (it hasn't) worked we have not (we haven't) worked you have not (you haven't) worked they have not (they haven't) worked

I have not been (I haven't been) working you have not been (you haven't been) working he has not been (he hasn't been) working she has not been (she hasn't been) working it has not been (it hasn't been) working we have not been (we haven't been) working you have not been (you haven't been) working they have not been (they haven't been) working

Ouestions

have I worked? have you worked? has he worked? has she worked? has it worked? have we worked? have you worked? have they worked?

have I been working? have you been working? has he been working? has it been working? have we been working? have you been working? have they been working?

IRREGULAR VERBS

Infinitive	Past simple	Past participle	Infinitive	Past simple	Past participle
be	was	been	leave	left	left
become	became	become	lend	lent	lent
begin	began	begun	light	lit	lit
blow	blew	blown	lose	lost	lost
break	broke	broken	make	made	made
bring	brought	brought	meet	met	met
build	built	built	pay	paid	paid
buy	bought	bought	put	put	put
catch	caught	caught	read	read	read
come	came	come	ride	rode	ridden
cost	cost	cost	run	ran	run
cut	cut	cut	say	said	said
dig	dug	dug	see	saw	seen
do	did	done	sell	sold	sold
draw	drew	drawn	send	sent	sent
drink	drank	drunk	set	set	set
drive	drove	driven	sew	sewed	sewn
eat	ate	eaten	shake	shook	shaken
fall	fell	fallen	shut	shut	shut
feel	felt	felt	sing	sang	sung
fight	fought	fought	sit	sat	sat
find	found	found	speak	spoke	spoken
fly	flew	flown	spend	spent	spent
forget	forgot	forgotten	stand	stood	stood
freeze	froze	frozen	steal	stole	stolen
get	got	got	stick	stuck	stuck
give	gave	given	swim	swam	swum
go	went	gone	take	took	taken
grow	grew	grown	teach	taught	taught
hang	hung	hung	tell	told	told
have	had	had	think	thought	thought
hear	heard	heard	throw	threw	thrown
hit	hit	hit	wake	woke	woken
hold	held	held	wear	wore	worn
hurt	hurt	hurt	win	won	won
keep	kept	kept	write	wrote	written
know	knew	known			