- a state or an action that **has begun** in the **past** and that **continues into** the **present**.
  Example: I **haven't slept since** Tuesday!
  She**'s been** pregnant **for** two months.

  Note: When **since** (sense of time) is followed by a clause, the verb of the clause is in the **past simple**.

- an action that **has just been accomplished**.
  Example: I**'ve** just **finished** an excellent book.

  Note: We **never** use the **present perfect** with expressions describing a moment in the past such as "ago", "yesterday"... We use the **past simple**.