Present Perfect vs. Present Perfect Progressive

Present Perfect

I have eaten skunks (before).
Something that happened before: experience, etc.

I have eaten skunks 3 times (before, so far).
A repeated action in the past.
(~ times is a common word with this meaning.)

I have eaten skunks for 3 days.
Continuation of an event or an action up to now. However, the
meaning of completion/accomplishment is stronger. For and
since are common words with this meaning.

Present Perfect Progressive

I have been eating skunks for 3 days.
Continuation of an action up to now. This is more common than
the present perfect equivalent. The meaning of continuation is
stronger. For and since are common words with this meaning.

I have been eating skunks.
An action that continued up to now. Often the action ended just
before now. You see the result of the action now.

I have been eating skunks lately (recently).
A regular habit or activity you have started recently

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