

What way do you cope with the **chop and change** of difficult times?

What categories of people are more exposed to **chopping and changing**?




When was the last time you had to **make great strides** for achieving something? How did it happen? What was the outcome?



What way do you react when someone **moves the goalposts** and disrupts your plans?





What is indispensable for making a situation **turn the corner** and improve it?

Take firm action = act decisively

Seek help/assistance = ask for help

Quit whining = stop complaining

Forge ahead = move forward, make progress

Stand ready to setbacks = be prepared for failures

Are you good at meeting deadlines?
Do you sometimes have to **pull**
your socks up or you go from
strength to strength?





The perfect aspect

“Aspect” refers to whether an action is ongoing (continuous) or completed. The perfect aspect is used to describe events earlier than some other time in the past, present or future. In general we use continuous tenses to say how long an action is performed for, and simple tenses to show how many times an action is done:

I've been baking for hours in preparation for the family reunion. So far, **I've made** three cakes.



Present perfect

We use the present perfect to talk about:

- actions that happened at an unspecified point in the past:

Have you visited your grandparents' hometown?

- actions or states that began in the past and continue up to the present (often with *for* and *since*):

I've had this photo of my aunt for over twenty years.

- an experience with *ever*, *never*, *already*, *just* and *yet*:

We've never discovered who took the photo.



Present Perfect Continuous:

We use the present perfect continuous to talk about:

- situations or actions that began in the past and are still in progress (often with for and since). The emphasis is on the duration of the activity.
- This painting **has been hanging** in my bedroom since I inherited it from my grandfather.
- an action that has happened repeatedly in the past and that is still happening now:
He's been making Russian dolls to sell in his shop.
- a very recent action which has either just finished or which has just been interrupted. PPC introduces a reason or explanation:
You're covered in flour. **Have you been cooking?**

PRESENT PERFECT CONTINUOUS (I have been doing)

An activity that started in the past and continues now.



I've been painting my bedroom.

PRESENT PERFECT SIMPLE (I have done)

An activity that was completed in the past.



I've painted my bedroom.

