Narrative tenses + present perfect

Narrative tenses are
PAST SIMPLE
PAST CONTINUOUS
PAST PERFECT SIMPLE
PAST PERFECT CONTINUOUS
they all refer to a finished time:
THE PAST
They are used whenever you tell a story (Cappuccetto rosso, I promessi sposi..., or an anecdote about your own life) These stories have connection to the present. If you find a present tense there, it’s because it’s in a DIRECT SPEECH.

The present perfect simple and continuous
They are tenses of the PRESENT and have a connection to the present. We use the Present Perfect Simple mainly to express that an action is completed or to emphasise the result. And we use the Present Perfect Continuous to emphasise the duration or continuous course of an action.

A diagram of the different times for the different tenses could look like this.

ADVICE
Narrative tenses
NEVER USE THE PRESENT PERFECT IN A NARRATIVE. It doesn’t belong there.
Just check if there are any direct speech sentences, you can find present tenses there.
TIMELINE FOR THE TENSES

Keywords
ago, yesterday, last, when, then, dates
while, as, yesterday at 10
by the time, before, until then
for, since

I bought Tim a present yesterday.

I was reading last night at 9.30 p.m.

They were eating dinner when he arrived home.

I had already eaten when you arrived.

She had been waiting for two hours when he arrived.
She has spoken Russian for twenty years.

Jack has just been to the bank.

Pete has been to New York three times.

She's been working since 10 this morning.

Keywords
ever, never, superlatives, the first time, just, already, yet, not yet, so far

how long, for, since
ADVICE #2
How to tell the present perfect simple from the continuous form?

There are things only the present perfect simple can do:
experiences
giving news
achievement

Apart from these things both tenses do the same with a slight difference in meaning. The difference can be explained with the following image:

The Spanish teacher who prepared this swears that his students understand everything after looking at this...
I hope it works. My advice, though, is the same as usual:
Books and exercises are bitchy. They want you to use the present perfect continuous because we don't have such a tense. So use
the present perfect continuous wheever you can. Always use it unless you find

experiences (ever never superlatives, this is the first, second time...)
giving news (just)
achievement (numbers, quantities)
state verbs (do you remember state verbs?...)
verbs describing short actions (drop, fall, other accidents)

Books and exercises are not particularly smart. They are very repetitive and always present standard situations. If you read the exercises you have done