

Since & For



For + a period of time

When we measure a period of time up to the present, present perfect tense is used and we do not use the present tense.

Examples:

I **have known** Alina for a long time. (Correct)

I **know** Alina for a long time. (Incorrect)

We **have lived** here for five years. (Correct)

We **live** here for five years. (Incorrect)

The present tense with **For** indicate a period of time that is related to the future.

How long are they here for? (Until when)

How long have they been here for? (Since when)

In a nutshell, **For** is used with all kind of verbs.



Since & For



The use of SINCE

Since indicates the starting point of actions, events and states. It informs us when things began.

Since + a point in time (in the past), until now (in the present).

Sonia has been waiting **since** 7 o'clock.

I have known Clark **since** March.

We use the present perfect tense and the past perfect tense with *since*.

He *has been* here **since** 3 o'clock and he is getting tired.

Watson *had been working* **since** 6 o'clock and he was getting tired.

This structure (It has been + period of time + *since*) can be used when we use *Since*.

It has been three months **since** I last saw Siam.

It has been four years **since** the last flood.



Since & For

Since vs. For

It is very important to know when to use **FOR** and when to use **SINCE**. So here is the summary of the comparison and the difference between **FOR** and **SINCE**.

Sarim has been a doctor for twenty years. (duration = 20 years)

Sarim has been a doctor since 1996. (starting point = 1996)

Alisa has been a mother for seven months.

Alisa has been pregnant since her first child was born.

My sister has lived in France for ten months.

My sister has lived in France since the beginning of May.

