

Present Perfect and Past Perfect

⇒ For / Since

"**For**" and "**Since**" are both prepositions used to indicate the starting point of an action or event in time. However, they have different meanings and are used differently in a sentence.

"**For**" is used to indicate the **duration** of an action or event. It is followed by a length of time, such as **hours, days, weeks, months, or years**. **For example:**

- I have been studying English for two years.
- She has been working at the hospital for five years.
- We have been living in this city for a month.



On the other hand, "**Since**" is used to indicate a **specific point** in time when an action or event started. It is followed by a specific point in time, such as a **date, time, or an event**.

For example:

- I have been studying English since 2019.
- She has been working at the hospital since she graduated from college.
- We have been living in this city since we got married.

⇒ Here are some more examples of how to use "for" and "since" in a sentence:

- I have been practicing yoga for two hours. (Duration)
- I have been practicing yoga since 9 a.m. (Specific time)
- He has been playing basketball for five years. (Duration)
- He has been playing basketball since he was in high school. (Specific time)
- They have been studying Spanish for three months. (Duration)
- They have been studying Spanish since they decided to travel to Spain. (Specific time)

