



1. They had been driving ____ six hours when they stopped for lunch.
a) while b) since
c) during d) for
2. She had been working there ____ 2015 when the company closed.
a) since b) during
c) from d) for
3. I had been waiting ____ morning when the bus finally came.
a) all b) for
c) the whole of d) every
4. He was tired because he ____ (work) ____ eight in the morning.
a) had been working ... since b) worked ... since
c) had been working ... for d) was working ... since
5. They ____ (argue) ____ hours before they reached an agreement.
a) had been arguing ... for b) had been arguing ... since
c) had been arguing ... during d) had been arguing ... at
6. We had been hiking ____ day and were completely exhausted.
a) for b) since
c) all d) the
7. She had been crying ____ she heard the bad news.
a) while b) for
c) when d) since
8. ____ long had you been waiting before the doctor saw you?
a) For b) What
c) How d) Since
9. The children had been playing outside ____ afternoon when it started to rain.
a) since b) all
c) the d) for
10. He had been studying French ____ two years before he visited Paris.
a) in b) during
c) since d) for
11. I had been feeling unwell ____ the morning, so I went home early.
a) for b) all
c) from d) since

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Answers

1. d) for
2. a) since
3. a) all
4. a) had been working ... since
5. a) had been arguing ... for
6. c) all
7. d) since
8. c) How
9. b) all
10. d) for
11. d) since
12. b) for
13. c) How long
14. a) for
15. a) since
16. b) all
17. b) for
18. c) since
19. d) all
20. d) for



Explanations

1. “for” (d)

Use 'for' + duration (six hours) with Past Perfect Continuous to show how long an action lasted.

2. “since” (a)

Use 'since' + point in time (2015) to show when the action started.

3. “all” (a)

Use 'all morning' to emphasize the entire duration of the action. 'Every' does not collocate with 'morning' in this singular context.

4. “had been working ... since” (a)

Use 'since' + specific time (eight in the morning) to indicate the starting point.

5. “had been arguing ... for” (a)

Use 'for' with a duration ('hours') to show how long the action continued. 'Since' requires a point in time, 'during' requires an event/period noun, and 'at' indicates a specific moment.

6. “all” (c)

Use 'all day' to emphasize that the hiking continued throughout the entire day.

7. “since” (d)

Use 'since' + event/moment (heard the bad news) to show when the action started.

8. “How” (c)

Use 'How long' to ask about the duration of an action in Past Perfect Continuous.

9. “all” (b)

Use 'all afternoon' to show the action continued throughout the entire afternoon.

10. “for” (d)

Use 'for' + duration (two years) to indicate the length of time.

11. “since” (d)

Use 'since the morning' to indicate when the feeling started.

12. “for” (b)

Use 'for' + duration (several months) with Past Perfect Continuous.

13. “How long” (c)

Use 'How long' to ask about the duration of a past continuous action. 'How often' asks about frequency, not duration.

14. “for” (a)

Use 'for' + duration (hours) to show how long the walking continued.

15. “since” (a)

Use 'since' + event (graduated) to show the starting point of the action.

16. “all” (b)

Use 'all night' to show the snow continued throughout the entire night.

17. “for” (b)

Use 'for' + duration (days) to indicate the length of the unsuccessful attempts.

18. “since” (c)

Use 'since' + year (1990) to indicate when she started teaching.

19. “all” (d)

Use 'all week' to emphasize continuous practice throughout the entire week.

20. “for” (d)

Use 'for' + duration (a long time) to show the length of living alone.