



## Present Perfect Continuous: Time Expressions: For, Since & How Long

Fill in the blank with the correct option.

1. I've been studying English \_\_\_\_ three years.  
a) from  
b) during  
c) for  
d) since
2. She's been working here \_\_\_\_ 2019.  
a) for  
b) during  
c) from  
d) since
3. \_\_\_\_ have you been waiting?  
a) How much  
b) How long  
c) How often  
d) How many
4. They've been living in London \_\_\_\_ they got married.  
a) while  
b) since  
c) for  
d) when
5. We've been driving \_\_\_\_ hours. Let's take a break.  
a) for  
b) since  
c) during  
d) in
6. He's been feeling unwell \_\_\_\_ last Monday.  
a) since  
b) during  
c) from  
d) for
7. I've been working on this project \_\_\_\_ a long time.  
a) for  
b) during  
c) since  
d) in
8. She's been learning to play piano \_\_\_\_ she was seven.  
a) when  
b) while  
c) for  
d) since
9. It's been raining \_\_\_\_ morning.  
a) the  
b) from  
c) all  
d) for
10. Have you been exercising \_\_\_\_? You look fit!  
a) always  
b) since  
c) for  
d) lately
11. We've been waiting \_\_\_\_ half an hour.  
a) during  
b) about  
c) for  
d) since

12. They've been dating \_\_\_\_ September.  
a) in  
b) for  
c) from  
d) since
13. I've been thinking about this problem \_\_\_\_ days.  
a) during  
b) since  
c) in  
d) for
14. She's been crying \_\_\_\_ she heard the news.  
a) after  
b) since  
c) for  
d) when
15. \_\_\_\_ have they been arguing? — For about an hour.  
a) How long  
b) How  
c) When  
d) How much
16. He's been working \_\_\_\_ day without a break.  
a) the  
b) for  
c) all  
d) since
17. I haven't been sleeping well \_\_\_\_.  
a) for  
b) recently  
c) ever  
d) since
18. We've been renovating the house \_\_\_\_ last summer.  
a) for  
b) since  
c) during  
d) from
19. The children have been playing outside \_\_\_\_ two hours.  
a) during  
b) in  
c) for  
d) since
20. She's been feeling much better \_\_\_\_ she started the new treatment.  
a) since  
b) when  
c) for  
d) after



## Answers

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



# Explanations

**1. “for” (c)**

Use 'for' + duration (a period of time). Three years is a duration.

**2. “since” (d)**

Use 'since' + point in time (when something started). 2019 is a specific year.

**3. “How long” (b)**

'How long' asks about duration of time. It's the question form for 'for/since'.

**4. “since” (b)**

Use 'since' + clause/event (when something started). 'They got married' is a starting point.

**5. “for” (a)**

Use 'for' + duration. 'Hours' is a period of time, not a point in time.

**6. “since” (a)**

Use 'since' + specific day/date. 'Last Monday' is when the illness started.

**7. “for” (a)**

Use 'for' + duration. 'A long time' is a period, not a specific point.

**8. “since” (d)**

Use 'since' + clause describing when. 'She was seven' marks the starting point.

**9. “all” (c)**

'All morning/day/week' emphasizes continuous duration throughout a period.

**10. “lately” (d)**

'Lately' and 'recently' mean 'in the recent period'. They often come at the end.

**11. “for” (c)**

Use 'for' + duration. 'Half an hour' is a period of time.

**12. “since” (d)**

Use 'since' + month. September is a specific point when they started dating.

**13. “for” (d)**

Use 'for' + plural time word. 'Days' indicates a duration.

**14. “since” (b)**

Use 'since' + clause. Hearing the news was the starting point of crying.

**15. “How long” (a)**

'How long' asks about duration. The answer 'For about an hour' confirms this is a duration question.

**16. “all” (c)**

'All day' emphasizes continuous action throughout the entire day.

**17. “recently” (b)**

'Recently' at the end indicates the recent period without specifying exact duration.

**18. “since” (b)**

Use 'since' + 'last + time word'. 'Last summer' is when renovations began.

**19. “for” (c)**

Use 'for' + number + time word. 'Two hours' is a duration.

**20. “since” (a)**

Use 'since' + clause. Starting the treatment marks when improvement began.