Present Perfect Continuous Keywords

Keyword	Position	+	-	?
How long	Beginning only	✖	✖	✔
Recently	Beginning and end	✔	✔	✔
Lately	Beginning and end	✔	✔	✔
Since + specific date	Beginning and end	✔	✔	✔
For + duration of time	Beginning and end	✔	✔	✔
All + duration of time	Beginning and end	✔	✔	✔
The whole + duration of time	Beginning and end	✔	✔	✔
Only	In between have and been	✔	✖	✔