



Since v For

Since and for are both keywords that can be used to express a time phrase. They are typically used in the present perfect and present perfect continuous tenses. The meaning of both of these words is the same but they both have different grammar.

Since

The time phrase that follows “since” must be a past, fixed point in time. This is because the phrase shows the starting point of an action.

Since 2012

Since Tuesday

Since last week

Since university

Since I was a child

For

The time phrase that follows “for” must be a duration. This is because the phrase shows how long something has lasted.

For 2 hours

For 3 days

For 10 years

For a long time