

Grammar worksheet + exercise: since, for, from

Since

Since expresses duration up to the present.

When we use **since**, we are saying that something began in the past and is **unfinished**:

*I have lived in this house **since** 1997.*

= 'I moved here in 1997 and I still live here.'

*We've been married **since** last June.*

= 'We got married last June and we're still married.'

*I've known him **since** we were at school.*

= 'I knew him at school and I still know him.'

Which tense do we use with since?

We use the **present perfect simple** or **present perfect continuous** with **since**:

*I **have had** this car **since** last April.*

*Mary **has been working** here **since** 2003.*

We can use the **past perfect tense** with **since** to express duration from a point in the past:

*It was 1974, and **he had been living** in London **since** 1964.*



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Since vs. for

Since and **for** both express duration up to a point in the present, but we use them differently.

We use **since** + the starting point of the activity:

*We have lived in this house **since we got married**.*

*I've been waiting here **since nine o'clock**.*

We use **for** + a time period:

*We've lived in this house **for thirty years**.*

*I've been waiting here **for three hours**.*

Since vs. from

We use **since** and **from** to express duration. Both tell us the starting point of an activity.

Since expresses duration of an unfinished action, up to a point in the present:

*I've been here **since 8 o'clock this morning** so I'm going home now.*
~~*from 8 o'clock*~~

We use **from** in other cases:

*I will be here **from 8 o'clock tomorrow**.*
~~*since 8 o'clock*~~

*The shop is open **from 9 a.m on Saturdays**.*
~~*since 9 a.m*~~

We say **from . . . to** or **from . . . till / until**:

*He works **from 8 to 5 o'clock**.*

***From** the 1920s **until his death**, Picasso lived in France.*



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Exercise instructions

Put *for*, *since* or *from* in each gap:

1. I've been in the same job _____ twenty years.
2. I've been in the same job _____ I left school.
3. John's been on holiday three times _____ Christmas. What a life!
4. It's been snowing _____ Monday. It's a metre deep in our garden.
5. The bridge still isn't finished. They've been building it _____ six years.
6. I'm not surprised you were cold and tired if you were skiing _____ six hours without a warm drink or any lunch.
7. Oscar Wilde lived in Italy and France _____ the last three years of his life.
8. Oscar Wilde lived in Italy and France _____ 1897 until his death in 1900.
9. The missing man hasn't been seen _____ three weeks.

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Key

1. I've been in the same job **for** twenty years.
2. I've been in the same job **since** I left school.
3. John's been on holiday three times **since** Christmas. What a life!
4. It's been snowing **since** Monday. It's a metre deep in our garden.
5. The bridge still isn't finished. They've been building it **for** six years.
6. I'm not surprised you were cold and tired if you were skiing **for** six hours without a warm drink or any lunch.
7. Oscar Wilde lived in Italy and France **for** the last three years of his life.
8. Oscar Wilde lived in Italy and France **from** 1897 until his death in 1900.
9. The missing man hasn't been seen **for** three weeks.

Online version of this exercise: <https://goo.gl/5lrWjJ>

More downloads: speakspeak.com/downloads