

TENSE

Since(point of time):- 7 am, 2007, winter, childhood,
last week / month / year/decade, time immemorial etc.

For(duration of time):- 7 minutes, a long time, a while
2 hours/weeks/months/years, the last 2 days/weeks/months/years etc.

This has been a custom in our society since/from/for time immemorial.

I have been studying here since/for the last 2 years.

His father has been with us since/for 2007.

Present perfect continuous /present perfect + since/for + time

She is playing table tennis since 2012.

They are waiting for you for the last 5 hours.

Neelam has been loving you for the last 7 years.

We have been knowing Mr. Gupta for the last 5 years

If an action of past is used with 'since' as a point of time, write that action in past indefinite and main clause in pr perfect or pr pr. cont.

She did not call me since she moved to Australia with Ajay.

They did not call us even once since we left Delhi.

They are calling me again and again since I left their company.

I have been waiting for you since you had rejected my proposal in 2011.

Pr perfect cont /pr perfect/pr ind/past ind + for + duration

I have been playing cricket for 5 years. [stress on action]

I have played cricket for 5 years. [stress on completion of time]

I played cricket for 5 years.

I play cricket for 5 hours daily.

Pr perfect cont /pr perfect/pr ind/past ind + for + duration

I have been reading novels for 2 years. [stress on action]

I have read novels for 2 years. [stress on completion of time]

I read novels for 2 years.

I read novels for 2 hours daily.

Pr perfect cont /pr perfect+ since + point of time

She has been playing tennis since 2012. [action continue]

She has played 120 matches of tennis since 2012.[action complete]

Ranveer has been working on these 3 movies for the last 3 months.

I have been reading these 30 novels for the last 3 months.

Sachin has been playing 300 matches for the last 15 years.

I have played cricket since 2007.

I have played more than 300 matches since 2007.

I have read more than 20 novels since 2007.

Present perfect tense can be used with since without action completion hint in case of linking verbs, stative verbs and action without result.

I have known him since 2007.

He has been with us since 2007.

He has lived here since 2007.

He has been living here since 2007.

Past perfect continuous:-

She has been waiting here for 2 hours before her father came.

We have been playing cricket for 3 hours before you called.

They have been arguing for 10 minutes before the boss arrived.