For, Since, In – ESL Grammar Exercise

We use since with the starting point. Examples: since January, since Monday, since last year.

We use for with a period of time. Examples: for two hours, for weeks, for ages.

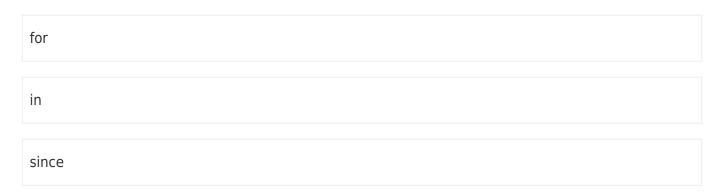In negative sentences, we can use in and for with the same meaning.

Fill in the blanks with for, since or in.

1. I haven't seen him .... months.

Please select 2 correct answers

in

for

since

2. He has been absent .... several days.

for

in

since

3. They have lived .... their life here.

all

for

for all

4. This has been going on .... several months.

in

for

since

5. He has been unwell .... he moved to the city.

since

for

for

6. Have you been waiting .... long?

since

for

7. It hasn't rained .... months.

in

for

Either could be used here

8. I have known him .... a long time.

for

since

in

9. We have known each other .... our childhood.

for

since

from

10. I haven't been to the theatre .... ages.

for

in

Either could be used here

11. She has been acting .... she was three.

for

since

from

12. I have been teaching English .... twenty years.

for

in

since

Answers

1. I haven't seen him in / for months.

2. He has been absent for several days.

3. They have lived all their life here.

4. This has been going on for several months.

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5. He has been unwell since he moved to the city.

6. Have you been waiting for long?

7. It hasn't rained in/for months.

8. I have known him for a long time.

9. We have known each other since our childhood.

10. I haven't been to the theatre in / for ages.

11. She has been acting since she was three.

12. I have been teaching English for twenty years.