

Use the Present Perfect Simple or the Present Perfect Continuous to speak about states or actions up to now with *for*, *since*.

Ryan: You look tired, Emily. What's going on?

Emily: Oh, I _____ (1) (to work) on a big project for the past two weeks, and it's exhausting.

Ryan: That sounds tough! I _____ (2) (to think) about asking for a break since last month.

Emily: You should! I _____ (3) (to feel) really stressed for a while now.

Ryan: Yeah, I get it. I _____ (4) (to help) the marketing team since Monday, and it _____ (5) (to be) non-stop.

Emily: Sounds intense. _____ you _____ (6) (to sleep) well?

Ryan: Not really. I _____ (7) (to sleep) badly for the last few nights.

Emily: You definitely need some rest!

Mark: Hey, John! I _____ (8) (not, to see) you outside much lately.

John: Yeah, I _____ (9) (to stay) at home a lot since winter started.

Mark: I get that. The cold makes it hard to go out. I _____ (10) (to hate) winter for as long as I can remember.

John: Same here! I _____ (11) (to want) to move somewhere warmer since last year, but it's not that easy.

Mark: Yeah, I understand. I _____ (12) (to be) in this neighborhood for ten years, and I still can't decide whether to move.

John: Wow, ten years? I _____ (13) (to live) here for two years, but I already feel attached to the place.

William: You look stressed, Alex. Everything okay?

Alex: Not really. I _____ (14) (to work) on this report for three days, and it's still not done.

William: That's tough! I _____ (15) (to feel) overwhelmed since last week, so I know how you feel.

Alex: Yeah, it _____ (16) (to be) non-stop. I _____ (17) (to send) emails for hours, but nobody replies!

William: That's frustrating. I _____ (18) (to think) about asking the manager for help since Monday.

Alex: That's a good idea. Maybe I should do the same!

Liam: Hey, Sophie! How's everything going with you and Jake?

Sophie: Oh, we _____ (19) (to be) together for almost two years now!

Liam: That's great! I _____ (20) (to know) him since college, and he's a really nice guy.

Sophie: Yeah, he is! We _____ (21) (to talk) about moving in together for a few months, but we're still deciding.

Liam: That's a big step! I _____ (22) (to live) alone since I graduated, and I love the freedom.

Sophie: I get that! But I _____ (23) (to want) to share a place with someone for a long time.