



Since expresses a starting point. *She's been working here since November.*
 For expresses the duration of an action. *They've been in Hawaii for two weeks.*

Since (Точка старту: «З...»)	For (Період часу: «Протягом...»)
since Monday (з понеділка)	for three days (протягом трьох днів)
since 2015 (з 2015 року)	for ten years (протягом десяти років)
since yesterday (звчора)	for a long time (протягом довгого часу)
since I was a child (з дитинства)	for two hours (протягом двох годин)

Animals have been a source of help and comfort to humans 1) *since* history began, and we have known 2) years that animals make people gentler and more relaxed. 3) a long time the question has been how exactly animals can change people. Some researchers believe that stroking a pet helps to relieve anxiety and tension and, 4) the 1960s, therapists have believed that animals' remarkable powers can be used to heal our bodies and minds. This belief has actually been confirmed 5) the discovery that seriously ill people live longer if they have a pet to care for.