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Answers

I haven't seen him ages.
Answer: for
She has been studying English last year.
Answer: since
We have been friends a long time.
Answer: for
He has been working out he was 16
He has been working out he was 16.
Answer: since
They have been living in that house they got married.
Answer: since
He has been playing the piano he was a child.
Answer: since
She hasn't been feeling well yesterday.
Answer: since
They have been dating a few months.
Answer: for
We have been waiting here 30 minutes.
Answer: for
She hasn't been to the cinema she was a teenager.
Answer: since