

# constrained

**The past tense of constrain is constrained**

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## The Forms of Constrain

Infinitive	<b>to constrain</b>
Present Tense	<b>constrain / constrains</b>
Past Tense	<b>constrained</b>
Present Participle	<b>constraining</b>
Past Participle	<b>constrained</b>

## Conjugate Constrain

**Constrain in Present Simple (Indefinite) Tense**

**Singular**

**Plural**

I **constrain**                      We **constrain**  
You **constrain**                You **constrain**  
He/She/It **constrains**    They **constrain**

**Constrain in Present Continuous (Progressive) Tense**

**Singular**

**Plural**

I **am constraining**            We **are constraining**  
You **are constraining**        You **are constraining**  
He/She/It **is constraining**    They **are constraining**

**Constrain in Present Perfect Tense**

**Singular**

**Plural**

I **have constrained**            We **have constrained**  
You **have constrained**        You **have constrained**  
He/She/It **has constrained**    They **have constrained**

**Constrain in Present Perfect Continuous Tense**

**Singular**

**Plural**

I **have been constraining**        We **have been constraining**  
You **have been constraining**    You **have been constraining**  
He/She/It **has been constraining**    They **have been constraining**

**Constrain in Past Simple (Indefinite) Tense**

**Singular**

**Plural**

I **constrained**                      We **constrained**  
You **constrained**                You **constrained**  
He/She/It **constrained**        They **constrained**

**Constrain in Past Continuous (Progressive) Tense**

**Singular**

**Plural**

I **was constraining**      We **were constraining**  
You **were constraining**      You **were constraining**  
He/She/It **was constraining**      They **were constraining**

**Constrain in Past Perfect Tense**

**Singular**

**Plural**

I **had constrained**      We **had constrained**  
You **had constrained**      You **had constrained**  
He/She/It **had constrained**      They **had constrained**

**Constrain in Past Perfect Continuous Tense**

**Singular**

**Plural**

I **had been constraining**      We **had been constraining**  
You **had been constraining**      You **had been constraining**  
He/She/It **had been constraining**      They **had been constraining**

**Constrain in Future Simple (Indefinite) Tense**

**Singular**

**Plural**

I **will constrain**      We **will constrain**  
You **will constrain**      You **will constrain**  
He/She/It **will constrain**      They **will constrain**

**Constrain in Future Continuous (Progressive) Tense**

**Singular**

**Plural**

I **will be constraining**      We **will be constraining**  
You **will be constraining**      You **will be constraining**  
He/She/It **will be constraining**      They **will be constraining**

**Constrain in Future Perfect Tense**

**Singular**

**Plural**

**I will have constrained**

**We will have constrained**

**You will have constrained**

**You will have constrained**

**He/She/It will have constrained**

**They will have constrained**

**Constrain in Future Perfect Continuous Tense**

**Singular**

**Plural**

**I will have been constraining**

**We will have been constraining**

**You will have been constraining**

**You will have been constraining**

**He/She/It will have been constraining**

**They will have been constraining**