

constrained

The past tense of constrain is constrained

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The Forms of Constrain

Infinitive	to constrain
Present Tense	constrain / constrains
Past Tense	constrained
Present Participle	constraining
Past Participle	constrained

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