

# constricted

**The past tense of constrict is constricted**

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## The Forms of Constrict

Infinitive	<b>to constrict</b>
Present Tense	<b>constrict / constricts</b>
Past Tense	<b>constricted</b>
Present Participle	<b>constricting</b>
Past Participle	<b>constricted</b>

## Conjugate Constrict

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

**Singular**

**Plural**

I **constrict**                      We **constrict**  
You **constrict**                    You **constrict**  
He/She/It **constricts**      They **constrict**

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

**Singular**

**Plural**

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

**Constrict in Present Perfect Tense**

**Singular**

**Plural**

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

**Constrict in Present Perfect Continuous Tense**

**Singular**

**Plural**

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

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

**Singular**

**Plural**

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

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

**Singular**

**Plural**

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

**Constrict in Past Perfect Tense**

**Singular**

**Plural**

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

**Constrict in Past Perfect Continuous Tense**

**Singular**

**Plural**

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

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

**Singular**

**Plural**

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

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

**Singular**

**Plural**

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

**Constrict in Future Perfect Tense**

**Singular**

**Plural**

**I will have constricted**

**We will have constricted**

**You will have constricted**

**You will have constricted**

**He/She/It will have constricted**

**They will have constricted**

**Constrict in Future Perfect Continuous Tense**

**Singular**

**Plural**

**I will have been constricting**

**We will have been constricting**

**You will have been constricting**

**You will have been constricting**

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

**They will have been constricting**