

destressed

The past tense of distress is destressed

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The Forms of Distress

Infinitive	to distress
Present Tense	distress / distresses
Past Tense	destressed
Present Participle	distressing
Past Participle	destressed

Conjugate Distress

Distress in Present Simple (Indefinite) Tense

Singular

Plural

I **distress** We **distress**
You **distress** You **distress**
He/She/It **distresses** They **distress**

Distress in Present Continuous (Progressive) Tense

Singular

Plural

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

Distress in Present Perfect Tense

Singular

Plural

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

Distress in Present Perfect Continuous Tense

Singular

Plural

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

Distress in Past Simple (Indefinite) Tense

Singular

Plural

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

Distress in Past Continuous (Progressive) Tense

Singular

Plural

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

Destress in Past Perfect Tense

Singular

Plural

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

Destress in Past Perfect Continuous Tense

Singular

Plural

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

Destress in Future Simple (Indefinite) Tense

Singular

Plural

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

Destress in Future Continuous (Progressive) Tense

Singular

Plural

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

Destress in Future Perfect Tense

Singular

Plural

I will have destressed

We will have destressed

You will have destressed

You will have destressed

He/She/It will have destressed **They will have destressed**

Destress in Future Perfect Continuous Tense

Singular

Plural

I will have been destressing

We will have been destressing

You will have been destressing

You will have been destressing

He/She/It will have been destressing **They will have been destressing**