

# destressed

**The past tense of distress is destressed**

Table Of Contents:

- [destressed](#)
- [The Forms of Distress](#)
- [Conjugate Distress](#)
- [Distress in Present Simple \(Indefinite\) Tense](#)
- [Distress in Present Continuous \(Progressive\) Tense](#)
- [Distress in Present Perfect Tense](#)
- [Distress in Present Perfect Continuous Tense](#)
- [Distress in Past Simple \(Indefinite\) Tense](#)
- [Distress in Past Continuous \(Progressive\) Tense](#)
- [Distress in Past Perfect Tense](#)
- [Distress in Past Perfect Continuous Tense](#)
- [Distress in Future Simple \(Indefinite\) Tense](#)
- [Distress in Future Continuous \(Progressive\) Tense](#)
- [Distress in Future Perfect Tense](#)
- [Distress in Future Perfect Continuous Tense](#)

## The Forms of Distress

Infinitive	<b>to distress</b>
Present Tense	<b>distress / distresses</b>
Past Tense	<b>destressed</b>
Present Participle	<b>distressing</b>
Past Participle	<b>destressed</b>

## 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 destress**                      We **will destress**  
You **will destress**                    You **will destress**  
He/She/It **will destress**        They **will destress**

**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**