

# distressed

The past tense of distress is distressed

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## The Forms of Distress

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

**Distress in Past Perfect Tense**

**Singular**

**Plural**

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

**Distress 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

**Distress 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

**Distress 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

**Distress in Future Perfect Tense**

**Singular**

**Plural**

**I will have distressed**

**We will have distressed**

**You will have distressed**

**You will have distressed**

**He/She/It will have distressed**

**They will have distressed**

**Distress in Future Perfect Continuous Tense**

**Singular**

**Plural**

**I will have been distressing**

**We will have been distressing**

**You will have been distressing**

**You will have been distressing**

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

**They will have been distressing**