

# 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 <b>distress</b>	We <b>distress</b>
You <b>distress</b>	You <b>distress</b>
He/She/It <b>distresses</b>	They <b>distress</b>

## **Distress in Present Continuous (Progressive) Tense**

**Singular**

**Plural**

I <b>am distressing</b>	We <b>are distressing</b>
You <b>are distressing</b>	You <b>are distressing</b>
He/She/It <b>is distressing</b>	They <b>are distressing</b>

## **Distress in Present Perfect Tense**

**Singular**

**Plural**

I <b>have distressed</b>	We <b>have distressed</b>
You <b>have distressed</b>	You <b>have distressed</b>
He/She/It <b>has distressed</b>	They <b>have distressed</b>

## **Distress in Present Perfect Continuous Tense**

**Singular**

**Plural**

I <b>have been distressing</b>	We <b>have been distressing</b>
You <b>have been distressing</b>	You <b>have been distressing</b>
He/She/It <b>has been distressing</b>	They <b>have been distressing</b>

## **Distress in Past Simple (Indefinite) Tense**

**Singular**

**Plural**

I <b>distressed</b>	We <b>distressed</b>
You <b>distressed</b>	You <b>distressed</b>
He/She/It <b>distressed</b>	They <b>distressed</b>

## **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**