

# 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**