

# refrained

**The past tense of refrain is refrained**

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## The Forms of Refrain

Infinitive	<b>to refrain</b>
Present Tense	<b>refrain / refrains</b>
Past Tense	<b>refrained</b>
Present Participle	<b>refraining</b>
Past Participle	<b>refrained</b>

## Conjugate Refrain

**Refrain in Present Simple (Indefinite) Tense**

**Singular**

**Plural**

I **refrain**

We **refrain**

You **refrain**

You **refrain**

He/She/It **refrains**

They **refrain**

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

**Singular**

**Plural**

I **am refraining**

We **are refraining**

You **are refraining**

You **are refraining**

He/She/It **is refraining**

They **are refraining**

## **Refrain in Present Perfect Tense**

**Singular**

**Plural**

I **have refrained**

We **have refrained**

You **have refrained**

You **have refrained**

He/She/It **has refrained**

They **have refrained**

## **Refrain in Present Perfect Continuous Tense**

**Singular**

**Plural**

I **have been refraining**

We **have been refraining**

You **have been refraining**

You **have been refraining**

He/She/It **has been refraining**

They **have been refraining**

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

**Singular**

**Plural**

I **refrained**

We **refrained**

You **refrained**

You **refrained**

He/She/It **refrained**

They **refrained**

## **Refrain in Past Continuous (Progressive) Tense**

**Singular**

**Plural**

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

**Refrain in Past Perfect Tense**

**Singular**

**Plural**

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

**Refrain in Past Perfect Continuous Tense**

**Singular**

**Plural**

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

**Refrain in Future Simple (Indefinite) Tense**

**Singular**

**Plural**

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

**Refrain in Future Continuous (Progressive) Tense**

**Singular**

**Plural**

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

**Refrain in Future Perfect Tense**

**Singular**

**Plural**

**I will have refrained**

**We will have refrained**

**You will have refrained**

**You will have refrained**

**He/She/It will have refrained**

**They will have refrained**

**Refrain in Future Perfect Continuous Tense**

**Singular**

**Plural**

**I will have been refraining**

**We will have been refraining**

**You will have been refraining**

**You will have been refraining**

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

**They will have been refraining**