

refrained

The past tense of refrain is refrained

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The Forms of Refrain

Infinitive	to refrain
Present Tense	refrain / refrains
Past Tense	refrained
Present Participle	refraining
Past Participle	refrained

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