

regained

The past tense of regain is regained

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The Forms of Regain

Infinitive	to regain
Present Tense	regain / regains
Past Tense	regained
Present Participle	regaining
Past Participle	regained

Conjugate Regain

Regain in Present Simple (Indefinite) Tense

Singular Plural

I **regain** We **regain**
You **regain** You **regain**
He/She/It **regains** They **regain**

Regain in Present Continuous (Progressive) Tense

Singular Plural

I **am regaining** We **are regaining**
You **are regaining** You **are regaining**
He/She/It **is regaining** They **are regaining**

Regain in Present Perfect Tense

Singular Plural

I **have regained** We **have regained**
You **have regained** You **have regained**
He/She/It **has regained** They **have regained**

Regain in Present Perfect Continuous Tense

Singular Plural

I **have been regaining** We **have been regaining**
You **have been regaining** You **have been regaining**
He/She/It **has been regaining** They **have been regaining**

Regain in Past Simple (Indefinite) Tense

Singular Plural

I **regained** We **regained**
You **regained** You **regained**
He/She/It **regained** They **regained**

Regain in Past Continuous (Progressive) Tense

Singular

Plural

I was regaining We were regaining
You were regaining You were regaining
He/She/It was regaining They were regaining

Regain in Past Perfect Tense

Singular

Plural

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

Regain in Past Perfect Continuous Tense

Singular

Plural

I had been regaining We had been regaining
You had been regaining You had been regaining
He/She/It had been regaining They had been regaining

Regain in Future Simple (Indefinite) Tense

Singular

Plural

I will regain We will regain
You will regain You will regain
He/She/It will regain They will regain

Regain in Future Continuous (Progressive) Tense

Singular

Plural

I will be regaining We will be regaining
You will be regaining You will be regaining
He/She/It will be regaining They will be regaining

Regain in Future Perfect Tense

Singular

Plural

I will have regained

We will have regained

You will have regained

You will have regained

He/She/It will have regained

They will have regained

Regain in Future Perfect Continuous Tense

Singular

Plural

I will have been regaining

We will have been regaining

You will have been regaining

You will have been regaining

He/She/It will have been regaining

They will have been regaining