

restained

The past tense of restrain is restained

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The Forms of Restain

Infinitive	to restrain
Present Tense	restrain / restrains
Past Tense	restained
Present Participle	restaining
Past Participle	restained

Conjugate Restain

Restain in Present Simple (Indefinite) Tense

Singular

Plural

I **restrain**

We **restrain**

You **restrain**

You **restrain**

He/She/It **restains**

They **restrain**

Restain in Present Continuous (Progressive) Tense

Singular

Plural

I **am restraining**

We **are restraining**

You **are restraining**

You **are restraining**

He/She/It **is restraining**

They **are restraining**

Restain in Present Perfect Tense

Singular

Plural

I **have restrained**

We **have restrained**

You **have restrained**

You **have restrained**

He/She/It **has restrained**

They **have restrained**

Restain in Present Perfect Continuous Tense

Singular

Plural

I **have been restraining**

We **have been restraining**

You **have been restraining**

You **have been restraining**

He/She/It **has been restraining**

They **have been restraining**

Restain in Past Simple (Indefinite) Tense

Singular

Plural

I **restrained**

We **restrained**

You **restrained**

You **restrained**

He/She/It **restrained**

They **restrained**

Restain in Past Continuous (Progressive) Tense

Singular

Plural

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

Restain in Past Perfect Tense

Singular

Plural

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

Restain in Past Perfect Continuous Tense

Singular

Plural

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

Restain in Future Simple (Indefinite) Tense

Singular

Plural

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

Restain in Future Continuous (Progressive) Tense

Singular

Plural

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

Restain in Future Perfect Tense

Singular

Plural

I will have restrained

We will have restrained

You will have restrained

You will have restrained

He/She/It will have restrained

They will have restrained

Restain in Future Perfect Continuous Tense

Singular

Plural

I will have been restraining

We will have been restraining

You will have been restraining

You will have been restraining

He/She/It will have been restraining

They will have been restraining