

# restained

**The past tense of restrain is restained**

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## The Forms of Restrain

Infinitive	<b>to restrain</b>
Present Tense	<b>restrain / restrains</b>
Past Tense	<b>restained</b>
Present Participle	<b>restaining</b>
Past Participle	<b>restained</b>

## Conjugate Restrain

**Restrain 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 **restain**                      We will **restain**  
You will **restain**                You will **restain**  
He/She/It will **restain**        They will **restain**

**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**