

# restrained

**The past tense of restrain is restrained**

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## The Forms of Restraining

Infinitive	<b>to restrain</b>
Present Tense	<b>restrain / restrains</b>
Past Tense	<b>restrained</b>
Present Participle	<b>restraining</b>
Past Participle	<b>restrained</b>

## Conjugate Restraining

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

**Singular**

**Plural**

I **restrain**

We **restrain**

You **restrain**

You **restrain**

He/She/It **restrains**

They **restrain**

**Restrain 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**

**Restrain 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**

**Restrain 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**

**Restrain in Past Simple (Indefinite) Tense**

**Singular**

**Plural**

I **restrained**

We **restrained**

You **restrained**

You **restrained**

He/She/It **restrained**

They **restrained**

**Restrain in Past Continuous (Progressive) Tense**

**Singular**

**Plural**

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

**Restrain in Past Perfect Tense**

**Singular**

**Plural**

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

**Restrain in Past Perfect Continuous Tense**

**Singular**

**Plural**

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

**Restrain 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

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

**Singular**

**Plural**

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

**Restrain 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**

**Restrain 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**