

restrained

The past tense of restrain is restrained

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The Forms of Restraining

Infinitive	to restrain
Present Tense	restrain / restrains
Past Tense	restrained
Present Participle	restraining
Past Participle	restrained

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