

sat

The past tense of sit is sat

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The Forms of Sit

Infinitive	to sit
Present Tense	sit / sits
Past Tense	sat
Present Participle	sitting
Past Participle	sitten (archaic, dialectal) or sat

Conjugate Sit

Sit in Present Simple (Indefinite) Tense

Singular Plural

I **sit** We **sit**
You **sit** You **sit**
He/She/It **sits** They **sit**

Sit in Present Continuous (Progressive) Tense

Singular Plural

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

Sit in Present Perfect Tense

Singular

Plural

I **have sitten (archaic, dialectal) or sat** We **have sitten (archaic, dialectal) or sat**
You **have sitten (archaic, dialectal) or sat** You **have sitten (archaic, dialectal) or sat**
He/She/It **has sitten (archaic, dialectal) or sat** They **have sitten (archaic, dialectal) or sat**

Sit in Present Perfect Continuous Tense

Singular

Plural

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

Sit in Past Simple (Indefinite) Tense

Singular Plural

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

Sit in Past Continuous (Progressive) Tense

Singular

I **was sitting**

You **were sitting**

He/She/It **was sitting**

Plural

We **were sitting**

You **were sitting**

They **were sitting**

Sit in Past Perfect Tense

Singular

I **had sitten (archaic, dialectal) or sat**

You **had sitten (archaic, dialectal) or sat**

He/She/It **had sitten (archaic, dialectal) or sat**

Plural

We **had sitten (archaic, dialectal) or sat**

You **had sitten (archaic, dialectal) or sat**

They **had sitten (archaic, dialectal) or sat**

Sit in Past Perfect Continuous Tense

Singular

I **had been sitting**

You **had been sitting**

He/She/It **had been sitting**

Plural

We **had been sitting**

You **had been sitting**

They **had been sitting**

Sit in Future Simple (Indefinite) Tense

Singular

I **will sit**

You **will sit**

He/She/It **will sit**

Plural

We **will sit**

You **will sit**

They **will sit**

Sit in Future Continuous (Progressive) Tense

Singular

I **will be sitting**

You **will be sitting**

He/She/It **will be sitting**

Plural

We **will be sitting**

You **will be sitting**

They **will be sitting**

Sit in Future Perfect Tense

Singular

I **will have sitten (archaic, dialectal) or sat**

You **will have sitten (archaic, dialectal) or sat**

He/She/It **will have sitten (archaic, dialectal) or sat**

Plural

We **will have sitten (archaic, dialectal) or sat**

You **will have sitten (archaic, dialectal) or sat**

They **will have sitten (archaic, dialectal) or sat**

Sit in Future Perfect Continuous Tense

Singular

I **will have been sitting**

You **will have been sitting**

He/She/It **will have been sitting**

Plural

We **will have been sitting**

You **will have been sitting**

They **will have been sitting**