

strained

The past tense of strain is strained

Table Of Contents:

- [strained](#)
- [The Forms of Strain](#)
- [Conjugate Strain](#)
- [Strain in Present Simple \(Indefinite\) Tense](#)
- [Strain in Present Continuous \(Progressive\) Tense](#)
- [Strain in Present Perfect Tense](#)
- [Strain in Present Perfect Continuous Tense](#)
- [Strain in Past Simple \(Indefinite\) Tense](#)
- [Strain in Past Continuous \(Progressive\) Tense](#)
- [Strain in Past Perfect Tense](#)
- [Strain in Past Perfect Continuous Tense](#)
- [Strain in Future Simple \(Indefinite\) Tense](#)
- [Strain in Future Continuous \(Progressive\) Tense](#)
- [Strain in Future Perfect Tense](#)
- [Strain in Future Perfect Continuous Tense](#)

The Forms of Strain

Infinitive	to strain
Present Tense	strain / strains
Past Tense	strained
Present Participle	straining
Past Participle	strained

Conjugate Strain

Strain in Present Simple (Indefinite) Tense

Singular Plural

I **strain** We **strain**
You **strain** You **strain**
He/She/It **strains** They **strain**

Strain in Present Continuous (Progressive) Tense

Singular Plural

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

Strain in Present Perfect Tense

Singular Plural

I **have strained** We **have strained**
You **have strained** You **have strained**
He/She/It **has strained** They **have strained**

Strain in Present Perfect Continuous Tense

Singular Plural

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

Strain in Past Simple (Indefinite) Tense

Singular Plural

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

Strain in Past Continuous (Progressive) Tense

Singular

Plural

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

Strain in Past Perfect Tense

Singular

Plural

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

Strain in Past Perfect Continuous Tense

Singular

Plural

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

Strain in Future Simple (Indefinite) Tense

Singular

Plural

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

Strain in Future Continuous (Progressive) Tense

Singular

Plural

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

Strain in Future Perfect Tense

Singular

Plural

I will have strained

We will have strained

You will have strained

You will have strained

He/She/It will have strained **They will have strained**

Strain in Future Perfect Continuous Tense

Singular

Plural

I will have been straining

We will have been straining

You will have been straining

You will have been straining

He/She/It will have been straining **They will have been straining**