

strained

The past tense of strain is strained

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

Strain in Present Continuous (Progressive) Tense

Singular	Plural
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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
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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
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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