

# uphelmed

**The past tense of uphelm is uphelmed**

Table Of Contents:

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

## The Forms of Uphelm

Infinitive	<b>to uphelm</b>
Present Tense	<b>uphelm / uphelms</b>
Past Tense	<b>uphelmed</b>
Present Participle	<b>uphelming</b>
Past Participle	<b>uphelmed</b>

## Conjugate Uphelm

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

**Singular**

**Plural**

I **uphelm**

We **uphelm**

You **uphelm**

You **uphelm**

He/She/It **uphelms** They **uphelm**

## **Uphelm in Present Continuous (Progressive) Tense**

**Singular**

**Plural**

I **am uphelming**

We **are uphelming**

You **are uphelming**

You **are uphelming**

He/She/It **is uphelming** They **are uphelming**

## **Uphelm in Present Perfect Tense**

**Singular**

**Plural**

I **have uphelmed**

We **have uphelmed**

You **have uphelmed**

You **have uphelmed**

He/She/It **has uphelmed** They **have uphelmed**

## **Uphelm in Present Perfect Continuous Tense**

**Singular**

**Plural**

I **have been uphelming**

We **have been uphelming**

You **have been uphelming**

You **have been uphelming**

He/She/It **has been uphelming** They **have been uphelming**

## **Uphelm in Past Simple (Indefinite) Tense**

**Singular**

**Plural**

I **uphelmed**

We **uphelmed**

You **uphelmed**

You **uphelmed**

He/She/It **uphelmed** They **uphelmed**

## **Uphelm in Past Continuous (Progressive) Tense**

**Singular**

**Plural**

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

**Uphelm in Past Perfect Tense**

**Singular**

**Plural**

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

**Uphelm in Past Perfect Continuous Tense**

**Singular**

**Plural**

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

**Uphelm in Future Simple (Indefinite) Tense**

**Singular**

**Plural**

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

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

**Singular**

**Plural**

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

**Uphelm in Future Perfect Tense**

**Singular**

**Plural**

**I will have upheld**

**We will have upheld**

**You will have upheld**

**You will have upheld**

**He/She/It will have upheld**

**They will have upheld**

**Uphelm in Future Perfect Continuous Tense**

**Singular**

**Plural**

**I will have been uphelming**

**We will have been uphelming**

**You will have been uphelming**

**You will have been uphelming**

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

**They will have been uphelming**