

uphelmed

The past tense of uphelm is uphelmed

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The Forms of Uphelm

Infinitive	to uphelm
Present Tense	uphelm / uphelms
Past Tense	uphelmed
Present Participle	uphelming
Past Participle	uphelmed

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