

upheld

The past tense of uphold is upheld

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The Forms of Uphold

Infinitive	to uphold
Present Tense	uphold / upholds
Past Tense	upheld
Present Participle	upholding
Past Participle	upheld or archaic upholden

Conjugate Uphold

Uphold in Present Simple (Indefinite) Tense

Singular

Plural

I **uphold**

We **uphold**

You **uphold**

You **uphold**

He/She/It **upholds** They **uphold**

Uphold in Present Continuous (Progressive) Tense

Singular

Plural

I **am upholding**

We **are upholding**

You **are upholding**

You **are upholding**

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

Uphold in Present Perfect Tense

Singular

Plural

I **have upheld or archaic upholden**

We **have upheld or archaic upholden**

You **have upheld or archaic upholden**

You **have upheld or archaic upholden**

He/She/It **has upheld or archaic upholden** They **have upheld or archaic upholden**

Uphold in Present Perfect Continuous Tense

Singular

Plural

I **have been upholding**

We **have been upholding**

You **have been upholding**

You **have been upholding**

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

Uphold in Past Simple (Indefinite) Tense

Singular

Plural

I **upheld**

We **upheld**

You **upheld**

You **upheld**

He/She/It **upheld** They **upheld**

Uphold in Past Continuous (Progressive) Tense

Singular

Plural

I was upholding We were upholding
You were upholding You were upholding
He/She/It was upholding They were upholding

Uphold in Past Perfect Tense

Singular

Plural

I had upheld or archaic upholden We had upheld or archaic upholden
You had upheld or archaic upholden You had upheld or archaic upholden
He/She/It had upheld or archaic upholden They had upheld or archaic upholden

Uphold in Past Perfect Continuous Tense

Singular

Plural

I had been upholding We had been upholding
You had been upholding You had been upholding
He/She/It had been upholding They had been upholding

Uphold in Future Simple (Indefinite) Tense

Singular

Plural

I will uphold We will uphold
You will uphold You will uphold
He/She/It will uphold They will uphold

Uphold in Future Continuous (Progressive) Tense

Singular

Plural

I will be upholding We will be upholding
You will be upholding You will be upholding
He/She/It will be upholding They will be upholding

Uphold in Future Perfect Tense

Singular

I will have upheld or archaic upholden

You will have upheld or archaic upholden

He/She/It will have upheld or archaic upholden

Plural

We will have upheld or archaic upholden

You will have upheld or archaic upholden

They will have upheld or archaic upholden

Uphold in Future Perfect Continuous Tense

Singular

I will have been upholding

You will have been upholding

He/She/It will have been upholding

Plural

We will have been upholding

You will have been upholding

They will have been upholding