upheld

The past tense of uphold is upheld

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The Forms of Uphold

Infinitive	**to uphold**
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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	Plural
I **will have upheld or archaic upholden**	We **will have upheld or archaic upholden**
You **will have upheld or archaic upholden**	You **will have upheld or archaic upholden**
He/She/It **will have upheld or archaic upholden**	They **will have upheld or archaic upholden**

Uphold in Future Perfect Continuous Tense

Singular	Plural
I **will have been upholding**	We **will have been upholding**
You **will have been upholding**	You **will have been upholding**
He/She/It **will have been upholding**	They **will have been upholding**