IRREGULAR VERBS

B2-C1 | Adults / Teens | Grammar Reference | Keep this page for study and writing practice

VERB	PAST SIMPLE	PAST PARTICIPLE
arise	arose	arisen
awake	awoke	awoken
bear	bore	borne
bend	bent	bent
bet	bet	bet
bind	bound	bound
bite	bit	bitten
bleed	bled	bled
blow	blew	blown
breed	bred	bred
cast	cast	cast
cling	clung	clung
creep	crept	crept
deal	dealt	dealt
dig	dug	dug
dream	dreamt (UK) dreamed (US)	dreamt (UK) dreamed (US)
feed	fed	fed
fight	fought	fought
flee	fled	fled
fling	flung	flung
forbid	forbade	forbidden
forgive	forgave	forgiven
freeze	froze	frozen
grind	ground	ground
hang	hung	hung
hide	hid	hidden
kneel	knelt (UK) kneeled (US)	knelt (UK) kneeled (US)
lay	laid	laid
lead	led	led
lean	leant (UK) leaned (US)	leant (UK) leaned (US)
leap	leapt (UK) leaped (US)	leapt (UK) leaped (US)
lend	lent	lent
lie	lay	lain
light	lit (UK) lighted (US)	lit (UK) lighted (US)
prove	proved	proven
quit	quit	quit
rise	rose	risen
seek	sought	sought
sew	sewed	sewn
shake	shook	shaken

VERB	PAST SIMPLE	PAST PARTICIPLE
shine	shone	shone
shoot	shot	shot
shrink	shrank	shrunk
slide	slid	slid
smell	smelt (UK) smelled (US)	smelt (UK) smelled (US)
sow	sowed	sown
speed	sped	sped
spill	spilt (UK) spilled (US)	spilt (UK) spilled (US)
spin	spun	spun
spit	spat (UK) spit (US)	spat (UK) spit (US)
split	split	split
spread	spread	spread
spring	sprang	sprung
steal	stole	stolen
stick	stuck	stuck
sting	stung	stung
stink	stank	stunk
strike	struck	struck
swear	swore	sworn
sweep	swept	swept
swing	swung	swung
tear	tore	torn
throw	threw	thrown
undergo	underwent	undergone
undertake	undertook	undertaken
weep	wept	wept
wind	wound	wound
withdraw	withdrew	withdrawn
withhold	withheld	withheld
withstand	withstood	withstood
wring	wrung	wrung
overcome	overcame	overcome
oversee	oversaw	overseen
oversleep	overslept	overslept
overtake	overtook	overtaken
redo	redid	redone
repay	repaid	repaid
rewrite	rewrote	rewritten
upset	upset	upset
forecast	forecast	forecast

Both -t and -ed variants can occur in British and American English; UK / US labels show tendencies.
Also accept proved as the participle of prove; sewn / sewed and sown / sowed are possible.
Lie: recline (lay / lain); lie: say something untrue (lied / lied). Bear uses born in be born.