V1	ntact: +91 9886926773 V2	Lifestyle Tra V3	ining Centi
Pattern 1		h 'n' sound	Ve
bear	bore	borne	†
begin	began	begun	†
break	broke	broken	•
choose	chose	chosen	-
do	did	done	-
draw	drew	drawn	-
drive	drove	driven	-
fall	fell	fallen	-
fly	flew	flown	-
forbid	forbade	forbidden	1
forget	forgot	forgotten	-
forgive	forgave	forgiven	-
freeze	froze	frozen	-
get	got	gotten/got	-
give	gave	given	-
	went		v.goltc.in
go		gone www grown	v.gonc.m
grow know	grew knew	known	-
lie		lain	-
ride	lay rode	ridden	-
rise			-
	rose	risen	-
see shake	saw shook	seen shaken	$C \subset$
bite	bit	bitten	
speak	spoke	spoken	IC
stride	strode	stridden	NO
	swore		-
swear take	took	sworn taken	-
throw	threw	thrown	-
wake	woke	woken	-
wake	wore	worn	-
withdraw	withdrew	Withdrawn	-
Pattern 2			-
drink	Ends with 'k/g' drank	drunk	-
			-
ring shrink	rang shrank	rung shrunk	-
			-
sing	sang	sung	-
sink	sank	sunk	-
sling	slang	slung	-
spring	sprang	sprung	-
stink	stank	stunk	-
string	strung	strung	
swing	swung	swung	-
wring	wrung	wrung	-
fling	flung	flung	_
hang	hung	hung	-
cling	clung	clung	_
slink	slunk	slunk]

Verb forms by Lifestyle Training Centre®



V1	V2	V3
Pattern 3	al	l are same
bid	bid	bid
broadcast	broadcast	broadcast
burst	burst	burst
cast	cast	cast
cost	cost	cost
cut	cut	cut
fit	fit	fit
hit	hit	hit
hurt	hurt	hurt
knit	knit	knit
let	let	let
put	put	put
quit	quit	quit
read	read	read
set	set	set
shed	shed	shed
shut	shut	shut
slit	slit	slit
split	split	split
spread	spread	spread
thrust	thrust	thrust
wet	wet	wet
Pattern 4	d and T endings	
bend	bent	bent
lend	lent	lent
rend	rent	rent
spend	spent	spent
blend	blent	blent
send	sent	sent
build	built	built
Pattern 5		vith 't' sound
buy	bought	bought
bring	brought	brought
teach	taught	taught
think	thought	thought
catch	caught	caught
keep	kept	kept
fight	fought	fought
leave	left	left
seek	sought	sought
feel	felt	felt
light	lit	lit
sleep	slept	slept

stuck

stuck

www.goltc.in Contact: +91 9886926773 V1 V2 V3 abide abode abode arise arose arisen awake awoke awoken be was/were been bear bore borne beat beat beaten become became become begin began begun bend bent bent bet bet bet bid bid bid bite bit bitten bleed bled bled blow blew blown break broke broken bring brought brought build built built burn burned/ burned/ burnt burnt burst burst burst buy bought bought can could cast cast cast catch caught caught choose chose chosen come came come cost cost cost creep crept crept cut cut cut deal dealt dealt dug dug dig do did done draw drew drawn dream dreamed/ dreamed/ dreamt dreamt drink drank drunk drive drove driven dwell dwelt/ dwelt/ dwelled dwelled eat ate eaten fall fell fallen feed fed fed feel felt felt fight fought fought find found found fit fit fit flee fled fled fling flung flung fly flew flown forbid forbade forbidden forget forgot forgotten forgive forgave forgiven forsake forsook forsaken freeze froze frozen Gotten/get get got give given gave go went gone grind ground ground

Lifestyle	Training Centre	
V1	V2	V3
grow	grew	grown
hang	hung	hung
have	had	had
hear	heard	heard
hide	hid	hidden
hit	hit	hit
hold	held	held
hurt	hurt	hurt
keep	kept	kept
kneel	knelt	knelt
know	knew	known
lay	laid	laid
lead	led	led
leap	leapt/	leapt/
icap	leaped	leaped
learn	learned/	learned/
icarri	learnt	learnt
leave	left	left
		1
lend	lent	lent
let	let	let
lie	lay	lain
light	lit	lit
lose	lost	lost
make	made	made
mean	meant	meant
meet	met	met
pay	paid	paid
put	put	put
read	read	read
ride	rode	ridden
ring	rang	rung
rise	rose	risen
run	ran	run
saw	sawed	sawn
say	said	said
see	saw	seen
seek	sought	sought
sell	sold	sold
send	sent	sent
set	set	set
shake	shook	shaken
shine	shone	shone
shoot		
	shot	shot
show	showed	shown
shrink	shrank	shrunk
shut	shut	shut
sing	sang	sung
sink	sank	sunk
sit	sat	sat
sleep	slept	slept
slide	slid	slid
sling	slung	slung
speak	spoke	spoken
spend	spent	spent
spill	spilled/	spilled/
-	spilt	spilt
spin	spun	spun
spit	spat	spat
Spit		
split	split	split

V1	Facebook: Lifest V2	V3
spread	spread	spread
spring	sprang	sprung
stand	stood	stood
steal	stole	stolen
stick	stuck	stuck
sting	stung	stung
stink	stank	stunk
strive	strove	striven
swear	swore	sworn
sweep	swept	swept
swim	swam	swum
swing	swung	swung
take	took	taken
teach	taught	taught
tear	tore	torn
tell	told	told
think	thought	thought
throw	threw	thrown
thrust	thrust	thrust
tread	trod	trodden
undergo	underwent	undergone
understand	understood	understood
uphold	upheld	upheld
upset	upset	upset
wake	woke	woken
wear	wore	worn
weave	wove	woven
weep	wept	wept
win	won	won
wind	wound	wound
withdraw	withdrew	withdrawn
withhold	withheld	withheld
withstand	withstood	withstood
wring	wrung	wrung
write	wrote	written

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