



Sostener Conjugation

IRREGULAR VERB

To sustain, to hold

Past participle	sostenido (<i>sustained</i>)
Gerund	sosteniendo (<i>sustaining</i>)

Indicative Tenses

Pronoun	Present	Preterite	Imperfect	Future	Conditional
Yo <i>I</i>	sostengo ● <i>I sustain</i>	sostuve ● <i>I sustained</i>	sostenía <i>I used to sustain</i>	sostendré ● <i>I will sustain</i>	sostendría ● <i>I would sustain</i>
Tú <i>You</i>	sostienes ● <i>you sustain</i>	sostuviste ● <i>you sustained</i>	sostenías <i>you used to sustain</i>	sostendrás ● <i>you will sustain</i>	sostendrías ● <i>you would sustain</i>
Ella / Él / Ud <i>She/he/you (frm)</i>	sostiene ● <i>s/he sustains</i>	sostuvo ● <i>s/he sustained</i>	sostenía <i>s/he used to sustain</i>	sostendrá ● <i>s/he will sustain</i>	sostendría ● <i>s/he would sustain</i>
Nosotras/os <i>We</i>	sostenemos <i>we sustain</i>	sostuvimos ● <i>we sustained</i>	sosteníamos <i>we used to sustain</i>	sostendremos ● <i>we will sustain</i>	sostendríamos ● <i>we would sustain</i>
Vosotras/os <i>You (pl)</i>	sostenéis <i>you (pl) sustain</i>	sostuvisteis ● <i>you (pl) sustained</i>	sosteníais <i>you (pl) used to sustain</i>	sostendréis ● <i>you (pl) will sustain</i>	sostendríais ● <i>you (pl) would sustain</i>
Ellas/os / Uds <i>They/you (pl frm)</i>	sostienen ● <i>they sustain</i>	sostuvieron ● <i>they sustained</i>	sostenían <i>they used to sustain</i>	sostendrán ● <i>they will sustain</i>	sostendrían ● <i>they would sustain</i>

Pronoun	Present Perfect	Past Perfect	Future Perfect	Conditional Perfect
Yo <i>I</i>	he sostenido <i>I have sustained</i>	había sostenido <i>I had sustained</i>	habré sostenido <i>I will have sustained</i>	habría sostenido <i>I would have sustained</i>
Tú <i>You</i>	has sostenido <i>you have sustained</i>	habías sostenido <i>you had sustained</i>	habrás sostenido <i>you will have sustained</i>	habrías sostenido <i>you would have sustained</i>
Ella / Él / Ud <i>She/he/you (frm)</i>	ha sostenido <i>s/he has sustained</i>	había sostenido <i>s/he had sustained</i>	habrá sostenido <i>s/he will have sustained</i>	habría sostenido <i>s/he would have sustained</i>
Nosotras/os <i>We</i>	hemos sostenido <i>we have sustained</i>	habíamos sostenido <i>we had sustained</i>	habremos sostenido <i>we will have sustained</i>	habríamos sostenido <i>we would have sustained</i>
Vosotras/os <i>You (pl)</i>	habéis sostenido <i>you (pl) have sustained</i>	habíais sostenido <i>you (pl) had sustained</i>	habréis sostenido <i>you (pl) will have sustained</i>	habríais sostenido <i>you (pl) would have sustained</i>
Ellas/os / Uds <i>They/you (pl frm)</i>	han sostenido <i>they have sustained</i>	habían sostenido <i>they had sustained</i>	habrán sostenido <i>they will have sustained</i>	habrían sostenido <i>they would have sustained</i>

Subjunctive Tenses

Pronoun	Present	Imperfect	Future
Yo <i>I</i>	sostenga ● <i>I sustain</i>	sostuviera ● <i>I sustained</i>	sostuviere ● <i>I will sustain</i>
Tú <i>You</i>	sostengas ● <i>you sustain</i>	sostuvieras ● <i>you sustained</i>	sostuvieres ● <i>you will sustain</i>
Ella / Él / Ud <i>She/he/you (frml)</i>	sostenga ● <i>s/he sustains</i>	sostuviera ● <i>s/he sustained</i>	sostuviere ● <i>s/he will sustain</i>
Nosotras/os <i>We</i>	sostengamos ● <i>we sustain</i>	sostuviéramos ● <i>we sustained</i>	sostuviéremos ● <i>we will sustain</i>
Vosotras/os <i>You (prl)</i>	sostengáis ● <i>you (pl) sustain</i>	sostuvierais ● <i>you (pl) sustained</i>	sostuviereis ● <i>you (pl) will sustain</i>
Ellas/os / Uds <i>They/you (prl frml)</i>	sostengan ● <i>they sustain</i>	sostuvieran ● <i>they sustained</i>	sostuvieren ● <i>they will sustain</i>

Pronoun	Present Perfect	Past Perfect	Future Perfect
Yo <i>I</i>	haya sostenido <i>I have sustained</i>	hubiera sostenido <i>I had sustained</i>	hubiere sostenido <i>I will have sustained</i>
Tú <i>You</i>	hayas sostenido <i>you have sustained</i>	hubieras sostenido <i>you had sustained</i>	hubieres sostenido <i>you will have sustained</i>
Ella / Él / Ud <i>She/he/you (frml)</i>	haya sostenido <i>s/he has sustained</i>	hubiera sostenido <i>s/he had sustained</i>	hubiere sostenido <i>s/he will have sustained</i>
Nosotras/os <i>We</i>	hayamos sostenido <i>we have sustained</i>	hubiéramos sostenido <i>we had sustained</i>	hubiéremos sostenido <i>we will have sustained</i>
Vosotras/os <i>You (prl)</i>	hayáis sostenido <i>you (pl) have sustained</i>	hubierais sostenido <i>you (pl) had sustained</i>	hubiereis sostenido <i>you (pl) will have sustained</i>
Ellas/os / Uds <i>They/you (prl frml)</i>	hayan sostenido <i>they have sustained</i>	hubieran sostenido <i>they had sustained</i>	hubieren sostenido <i>they will have sustained</i>

The red dot (●) above denotes an irregular conjugation.

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