

# Past Tense of Feel: Felt and Felt

Feel is an irregular verb. The past tense and the past participle are the same: felt. Use feel in the present, felt for a finished time in the past, and have felt after have or has.

|                   |                 |
|-------------------|-----------------|
| Base              | feel            |
| Past              | felt            |
| Past participle   | felt            |
| 3rd person / -ing | feels / feeling |

## Examples

I feel tired after work. — Feel plus an adjective says how you are now.

Do you feel better today? — After do, the verb stays feel.

She felt sad on the bus yesterday. — Yesterday points to a finished past time, so use felt.

We felt very cold on the walk last winter. — Last winter is finished, so felt is the past form.

I have felt tired all week. — Have felt links the past to now.

He has felt much happier since Monday. — Since Monday goes with has felt.

## Notes

**Feel plus adjective** Use feel with an adjective to talk about your body or emotions: I feel cold, she felt nervous. Do not add be: say I feel cold, not I am feel cold.

**Feel like** Feel like plus a noun or an -ing verb means you want something: I feel like a coffee. I feel like walking. In the past, say I felt like a coffee.

## Common mistakes

I feeled sad yesterday. → I felt sad yesterday. — Feel is irregular, so the past is felt, not feeled.

She has feeled tired all day. → She has felt tired all day. — After has, use the past participle felt.

I am feel cold. → I feel cold. — Feel is already the main verb, so do not add am.

## Exercises

### Choose the correct form

1. I \_\_\_ very tired yesterday evening. (feel / felt / feeled)
2. He has \_\_\_ sad all day. (felt / feeled / feel)
3. I \_\_\_ hungry every morning. (feel / felt / feeling)
4. We are \_\_\_ cold now. (feeled / felt / feeling)

### Write the missing form

1. They \_\_\_ happy after the game last night.
2. I have \_\_\_ hungry since breakfast.
3. My feet \_\_\_ cold in winter.

**Correct the mistake**

1. She feeled sad yesterday.

## Answer key

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### Choose the correct form

1. felt — Yesterday evening is finished, so use felt.
2. felt — After has, the participle is felt.
3. feel — Every morning describes a present habit: I feel.
4. feeling — After are, use the -ing form feeling.

### Write the missing form

1. felt — Last night is finished, so the past is felt.
2. felt — Have takes the participle felt.
3. feel — A general present fact uses feel with a plural subject.

### Correct the mistake

1. felt — The past of feel is felt.