

Past Tense of Lose: Lost

Lose is an irregular verb. Its past form and past participle are the same word: lost. Say I lost my keys and I have lost my keys.

Base	lose
Past	lost
Past participle	lost
3rd person / -ing	loses / losing

Examples

I lose my keys all the time. — All the time describes a repeated habit, so use lose.

Don't lose your ticket. — After don't, use the base form lose.

He lost his phone on the bus. — Lost is the past form; it does not need have.

We lost the game yesterday. — Lose also means not win a game.

She has lost her bag. — After has, the participle is also lost.

I have lost my glasses again. — Have lost means I still do not have them now.

Notes

Lose or loose? Lose, with one o, is the verb: I lose my keys. Loose, with two o letters, means not tight: These shoes are loose. The two words are easy to mix up when you write.

Lose and lost Lose is a verb with a long sound like choose. Lost is shorter, as in the word cost. As an adjective, lost also means not able to find the way: I am lost.

Common mistakes

I loosed my keys yesterday. → I lost my keys yesterday. — The verb lose is irregular; the past form is lost, never loosed.

Don't loose your passport. → Don't lose your passport. — Loose means not tight. The verb is spelled lose, with one o.

Exercises

Choose the right form

1. Yesterday I ___ my bag in the park. (lose / lost / loosed)
2. She has ___ her phone again. (lost / lose / loosed)
3. Be careful or you will ___ your keys. (lost / lose / loose)
4. Our team ___ the match last Sunday. (lost / lose / loosed)

Write the missing form

1. We have ___ the map.
2. He ___ his job last year.
3. Please don't ___ my book.

Correct the mistake

1. I loosed my hat on the train.

Answer key

Choose the right form

1. lost — Yesterday is a finished past time, so use lost.
2. lost — Has takes the past participle lost.
3. lose — After will, use the base form lose, spelled with one o.
4. lost — Last Sunday is finished, so use the past simple lost.

Write the missing form

1. lost — Have plus the past participle is have lost.
2. lost — Last year is finished, so use the past simple lost.
3. lose — After don't, use the base form lose.

Correct the mistake

1. lost — The past of lose is lost, not loosed.