

So, the list has the base form, the past tense form and the participle form, which appears with have/has/had, as in:

- I have chosen.
- He has chosen.
- They had chosen.

Base	Past Simple	Past participle
arise	arose	have/has arisen
awake	awoke	have/has awoken
bear	bore	have/has borne
beat	beat	have/has beaten
become	became	have/has become
begin	began	have/has begun
bend	bent	have/has bent
bind	bound	have/has bound
bite	bit	have/has bitten
bleed	bled	have/has bled
blow	blew	have/has blown.

Base	Past Simple	Past participle
break	broke	have/has broken
bring	brought	have/has brought
build	built	have/has built
buy	bought	have/has bought
cast	cast	have/has cast
catch	caught	have/has caught
choose	chose	have/has chosen
cling	clung	have/has clung
come	came	have/has come
cost	cost	have/has cost
creep	crept	have/has crept
cut	cut	have/has cut
deal	dealt	have/has dealt
dig	dug	have/has dug
do	did	have/has done

Base	Past Simple	Past Participle
draw	drew	have/has drawn
dream	dreamt/dreamed	have/has dreamt
drink	drank	have/has drunk
drive	drove	have/has driven
eat	ate	have/has eaten
fall	fell	have/has fallen
feed	fed	have/has fed
feel	felt	have/has felt
fight	fought	have/has fought
find	found	have/has found
flee	fled	have/has fled
fling	flung	have/has flung
fly	flew	have/has flown
forbid	forbade	have/has forbidden
forecast	forecast	have/has forecast

Base	Past Simple	Past Participle
forget	forgot	have/has forgotten
forgive	forgave	have/has forgiven
freeze	froze	have/has frozen
foresee	foresaw	have/has foreseen
foretell		
foretell	foretold	have/has foretold
forsake	forsook	have/has forsaken
get	got	have/has got
give	gave	have/has given
go	went	have/has gone
grind	ground	have/has ground
grow	grew	have/has grown
hang	hung	have/has hung
have	had	have/has had
hear	heard	have/has heard
hide	hid	have/has hid have/has hidden

Base	Past Simple	Past Participle
hit	hit	have/has hit
hold	held	have/has held
hurt	hurt	have/has hurt
keep	kept	have/has kept
kneel	knelt/kneeled	have/has knelt have/has kneeled
knit	knit/knitted	have/has knit have/has knitted
know	knew	have/has known
lay	laid	have/has laid
lead	led	have/has led
lean	leant/leaned	have/has leant have/has leaned
leap	leapt/leaped	have/has leapt have/has leaped
learn	learnt/learned	have/has learnt have/has learned

Base	Past Simple	Past Participle
leave	left	have/has left
lend	lent	have/has lent
let	let	have/has let
lie	lay	have/has lain
light	lit/lighted	have/has lit have/has lighted
lose	lost	have/has lost
make	made	have/has made
mean	meant	have/has meant
meet	met	have/has met
mislay	mis/aid	have/has mis/aid
mislead	mis/ed	have/has mis/ed
mow	mowed	have/has mown have/has mowed
pay	paid	have/has paid
put	put	have/has put

Base	Past Simple	Past Participle
read	read	have/has read
ride	rode	have/has ridden
ring	Rang	have/has rung
rise	rose	have/has risen
run	ran	have/has run
Saw	sawed	have/has sawn have/has sawed
Say	said	have/has said
see	saw	have/has seen
seek	sought	have/has sought
sell	sold	have/has sold
send	sent	have/has sent
set	set	have/has set
sew	sewed	have/has sewn have/has sewed
shake	shook	have/has shaken

Base	Past Simple	Past Participle
shine	shone	have/has shone
shoot	shot	have/has shot
show	showed	have/has shown
shrink	shrank, shrunk	have/has shrunk
shut	shut	have/has shut
sing	sang	have/has sung
sink	sank	have/has sunk
sit	sat	have/has sat
sleep	slept	have/has slept
slide	slid	have/has slid
sling	slung	have/has slung
slink	slunk	have/has slunk
smell	smelt / smelled	have/has smelt have/has smelled
sow	sowed	have/has sowed have/has sown

Base	Past Simple	Past Participle
speak	spoke	have/has spoken
speed	sped	have/has sped
spend	spent	have/has spent
spill	spilt / spilled	have/has split have/has spilled
spin	spun	have/has spun
spit	spat	have/has spat
split	split	have/has split
spoil	spoilt / spoiled	have/has spoilt have/has spoiled
spread	spread	have/has spread
spring	sprung	have/has sprung
stand	stood	have/has stood
steal	stole	have/has stolen
stick	stuck	have/has stuck
sting	stung	have/has stung

Base	Past Simple	Past Participle
stink	stank	have/has stunk
strike	struck	have/has struck
strive	strrove	have/has striven
swear	swore	have/has sworn
sweat	sweat/sweated	have/has sweat have/has sweated
sweep	swept	have/has swept
swell	swelled	have/has swollen
swim	swam	have/has swum
swing	swung	have/has swung
take	took	have/has taken
teach	taught	have/has taught
tear	toxe	have/has torn
tell	told	have/has told
think	thought	have/has thought
throw	threw	have/has thrown

Base	Past Simple	Past Participle
tread	trod	have/has trodden
understand	understood	have/has understood
wear	wore	have/has worn
weave	wove	have/has woven
weep	wept	have/has wept
win	won	have/has won
wind	wound	have/has wound
withdraw	withdrew	have/has withdrawn
wring	wrung	have/has wrung
write	wrote	have/has written