

Need another word that means the same as “clench”? Find 36 synonyms and 30 related words for “clench” in this overview.

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The synonyms of “Clench” are: clinch, firm, fast, secure, clenched, clinched, squeeze together, press together, close tightly, shut tightly, grip, grasp, grab, clutch, clamp, clasp, hold tightly, seize, press, squeeze, lay hands on, lay one's hands on, fasten one's hand on, hang on to, clutches, hold, contraction, tightening, tensing, tension, cramp

Clench as a Noun

Definitions of "Clench" as a noun

According to the [Oxford Dictionary of English](#), “clench” as a noun can have the following definitions:

- *A contraction or tightening of part of the body.*
- *A small slip noose made with seizing.*
- *The act of grasping.*



Synonyms of "Clench" as a noun (12 Words)

- clasp** A silver bar on a medal ribbon, inscribed with the name of the battle at which the wearer was present.
*He received the Queen s medal with four **clasps**.*
- clinch** A small slip noose made with seizing.
*We went into a passionate **clinch** on the sofa.*
- clutch** The pedal operating the clutch in a vehicle.
*She made a **clutch** at his body.*
- clutches** A collection of things or persons to be handled together.
- contraction** A word or group of words resulting from shortening an original form.
*She was now in no doubt that she was having **contractions**.*

cramp	A metal bar with bent ends for holding masonry together. <i>The facade is built of travertine blocks without mortar but held by metal cramps.</i>
grasp	The act of grasping. <i>He has a good grasp of accounting practices.</i>
grip	A hairgrip. <i>Handlebar grips.</i>
hold	A stronghold. <i>He has a hold over them.</i>
tensing	A grammatical category of verbs used to express distinctions of time.
tension	Mental or emotional strain. <i>He suffered from fatigue and emotional tension.</i>
tightening	The act of making something tighter. <i>The tightening of economic controls.</i>



Usage Examples of "Clench" as a noun

- *She saw the anger rise, saw the clench of his fists.*



Clench as a Verb

Definitions of "Clench" as a verb

According to the [Oxford Dictionary of English](#), "clench" as a verb can have the following definitions:

- *Hold in a tight grasp.*
- *(with reference to the fingers or hand) close into a tight ball, especially as a*

manifestation of extreme anger.

- *Squeeze together tightly.*
- *(with reference to a muscular part of the body) tighten or contract sharply, especially with strong emotion.*
- *(with reference to the teeth) press or be pressed tightly together, especially with anger or determination or so as to suppress a strong emotion.*
- *Grasp (something) tightly and firmly.*



Synonyms of "Clench" as a verb (24 Words)

clamp

Fasten or fix with a clamp.
*The two frames are **clamped** together.*

clasp

Fasten (something) with a small brooch or similar device.
*He **clasped** her arm.*

clenched	Hold in a tight grasp.
clinch	Fasten a rope or angling line with a clinch knot. <i>The nails were clinched.</i>
clinched	Secure or fasten by flattening the ends of nails or bolts.
close tightly	Bring together all the elements or parts of.
clutch	Take hold of; grab. <i>He stood clutching a microphone.</i>
fast	Abstain from eating. <i>Before the medical exam you must fast.</i>
fasten one's hand on	Become fixed or fastened.
firm	Become taut or tauter. <i>The shares firmed 15p to 620p.</i>
grab	Make a grasping or snatching motion with the hand. <i>She grabbed the child's hand and ran out of the room.</i>
grasp	Seize and hold firmly. <i>She grasped the bottle.</i>
grip	To grip or seize as in a wrestling match. <i>He gripped the steering wheel.</i>
hang on to	Prevent from reaching a verdict, of a jury.
hold tightly	Cause to stop.
lay hands on	Impose as a duty, burden, or punishment.
lay one's hands on	Prepare or position for action or operation.
press	Press and smooth with a heated iron. <i>The crowds pressed along the street.</i>
press together	Squeeze or press together.
secure	Make certain of. <i>Doors are likely to be well secured at night.</i>
seize	Seize and take control without authority and possibly with force take as one's right or possession. <i>The patient was seized with unbearable pains.</i>
shut tightly	Become closed.
squeeze	Squeeze tightly between the fingers. <i>She squeezed the bottle.</i>
squeeze together	Obtain by coercion or intimidation.



Usage Examples of "Clench" as a verb

- *She clenched her fists, struggling for control.*
- *Clench a steering wheel.*
- *Her teeth clenched in anger.*
- *He clenched his teeth, fighting waves of nausea.*
- *Her heart clenched in fear.*
- *My stomach was clenched in a knot.*
- *Ian's right hand clenched into a fist.*
- *He clenched the steering wheel so hard that the car wobbled.*
- *Clench one's jaw.*



Associations of "Clench" (30 Words)

apprehend	Anticipate (something) with uneasiness or fear. <i>A warrant was issued but he has not been apprehended.</i>
capture	The action of capturing or of being captured. <i>The star captured a comet.</i>
catch	A chance or act of catching the ball to dismiss a batsman. <i>He shared his catch with the others.</i>
clasp	Place (one's arms) around something so as to hold it tightly. <i>We embraced a tight clasp with cheeks touching.</i>
clinch	Fasten a rope or angling line with a clinch knot. <i>These findings clinched the matter.</i>
clutch	The pedal operating the clutch in a vehicle. <i>She clutched her purse.</i>
comprehend	Include, comprise, or encompass. <i>A divine order comprehending all men.</i>
<u>cope</u>	(of a person) deal effectively with something difficult. <i>The roads are barely adequate to cope with the present traffic.</i>
dragnet	A net drawn through a river or across ground to trap fish or game. <i>Many who had escaped the police dragnet retreated to a mountain hideout.</i>
<u>engage</u>	Engage for service under a term of contract. <i>She had offered to engage a room in the house of the woman.</i>
fist	Clench the hand or fingers into a fist. <i>He fisted a goal bound shot over the bar.</i>
forfeited	Surrendered as a penalty.
<u>grab</u>	Get hold of or seize quickly and easily. <i>I've added frame grabs to give a good flavour of what the film is all about.</i>
grapple	The act of engaging in close hand-to-hand combat. <i>He grappled the young man around the throat.</i>
<u>grasp</u>	The act of grasping. <i>Edward grasped her by the wrist.</i>
grip	A hairgrip. <i>He had to take a grip on his nerves.</i>
<u>hijack</u>	An incident or act of hijacking. <i>A man armed with grenades hijacked the jet yesterday.</i>

hijacker	A person who takes over an organization or activity and uses it for a different purpose. <i>These activists are the real hijackers of the revolution.</i>
impound	(of a dam) hold back (water). <i>The customs agents impounded the illegal shipment.</i>
kidnap	The action of kidnapping someone. <i>They were arrested for robbery and kidnap.</i>
kidnapping	The unlawful act of capturing and carrying away a person against their will and holding them in false imprisonment. <i>A new wave of kidnappings and murders.</i>
paralyze	Cause to be paralyzed and immobile. <i>The bureaucracy paralyzes the entire operation.</i>
seize	Seize and take control without authority and possibly with force take as one's right or possession. <i>Jack was seized to the gun and had his two dozen lashes.</i>
tackle	(American football) grasping an opposing player with the intention of stopping by throwing to the ground. <i>Police have launched an initiative to tackle rising crime.</i>
tongs	An instrument with two movable arms that are joined at one end, used for picking up and holding things. <i>Sugar tongs.</i>
transfix	Cause (someone) to become motionless with horror, wonder, or astonishment. <i>A field mouse is transfixed by the curved talons of an owl.</i>
understandable	Capable of being apprehended or understood. <i>Such fears are understandable.</i>
vice	A holding device attached to a workbench; has two jaws to hold workpiece firmly in place.
wrestle	Move or manipulate (something) with difficulty. <i>The security guards wrestled them to the ground.</i>

