

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**.*

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

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

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

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



