

Need another word that means the same as “flinch”? Find 38 synonyms and 30 related words for “flinch” in this overview.

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**The synonyms of “Flinch” are: cringe, funk, quail, recoil, shrink, squinch, wince, start, shy, shy away, pull back, back away, draw back, withdraw, blench, squirm, quiver, shudder, shiver, tremble, quake, shake, cower, waver, falter, hesitate, get cold feet, blanch, turn away, swerve, hang back, demur, jerk, twitch, spasm, convulsion, jump**

## Flinch as a Noun

### Definitions of "Flinch" as a noun

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

- *A reflex response to sudden pain.*
- *An act of flinching.*

### Synonyms of "Flinch" as a noun (6 Words)

<b>convulsion</b>	An earthquake or other violent or major movement of the earth’s crust. <i>Convulsions of laughter.</i>
<b>jump</b>	The act of jumping propelling yourself off the ground. <i>You get the <b>jumps</b> you feel like J Edgar Hoover s on your tail.</i>

- spasm** Sudden constriction of a hollow organ (as a blood vessel).  
*The airways in the lungs go into **spasm**.*
- twitch** A sudden pull or jerk.  
*He felt a **twitch** of annoyance.*
- wince** The facial expression of sudden pain.

## Usage Examples of "Flinch" as a noun

- *'Don't call me that,' he said with a flinch.*

## Flinch as a Verb

### Definitions of "Flinch" as a verb

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

- *Make a quick, nervous movement as an instinctive reaction to fear, pain, or surprise.*
- *Avoid doing or becoming involved in (something) through fear or anxiety.*
- *Draw back, as with fear or pain.*

### Synonyms of "Flinch" as a verb (32 Words)

- back away** Travel backward.
- blanch** Briefly immerse (an item of food) in boiling water, especially as a technique for removing the skin from nuts or fruit or for preparing vegetables for further cooking.  
*I **blanched** the carrots for a couple of minutes before roasting them.*
- blench** Become pale.  
*Lord Ralph **blenched** at the very idea of working from dawn until dusk.*
- cower** Crouch or curl up.  
*Children **cowered** in terror as the shoot out erupted.*
- cringe** Experience an inward shiver of embarrassment or disgust.  
*He **cringed** away from the blow.*
- demur** Put forward a demurrer.  
*He **demurred** at my suggestion to work on Saturday.*
- draw back** Cause to flow.

<b>falter</b>	Speak haltingly. <i>He <b>faltered</b> and finally stopped in mid stride.</i>
<b>funk</b>	Draw back, as with fear or pain. <i>I could have seen him this morning but I <b>funked</b> it.</i>
<b>get cold feet</b>	Suffer from the receipt of.
<b>hang back</b>	Kill by hanging.
<b>hesitate</b>	Interrupt temporarily an activity before continuing. <i>She <b>hesitated</b> unsure of what to say.</i>
<b>pull back</b>	Strip of feathers.
<b>quail</b>	Draw back, as with fear or pain.
<b>quake</b>	(of a person) shake or shudder with fear. <i>He was a large man with a flaming temper and I was quaking as I ran to his office.</i>
<b><u>quiver</u></b>	Cause (something) to make a slight rapid motion. <i>The bird runs along in a zigzag path <b>quivering</b> its wings.</i>
<b><u>recoil</u></b>	Suddenly spring or flinch back in fear, horror, or disgust. <i>He <b>recoiled</b> in horror.</i>
<b>shake</b>	Shake a body part to communicate a greeting feeling or cognitive state. <i>My faith has been <b>shaken</b>.</i>
<b>shiver</b>	Shake slightly and uncontrollably as a result of being cold, frightened, or excited. <i>The children are <b>shivering</b> turn on the heat.</i>
<b><u>shrink</u></b>	Reduce in size; reduce physically. <i>I don't <b>shrink</b> from my responsibilities.</i>
<b><u>shudder</u></b>	(especially of a vehicle, machine, or building) shake or vibrate violently. <i>The building cracked and <b>shuddered</b>.</i>
<b>shy</b>	Avoid doing or becoming involved in (something) due to nervousness or a lack of confidence. <i>Don't <b>shy</b> away from saying what you think.</i>
<b>shy away</b>	Start suddenly, as from fright.
<b>squinch</b>	Cross one's eyes as if in strabismus.
<b><u>squirm</u></b>	Wriggle or twist the body from side to side, especially as a result of nervousness or discomfort. <i>He <b>squirmed</b> as he recalled the phrases he had used.</i>
<b>start</b>	Give a signal to competitors to start in a race. <i>The mortar in the joints had <b>started</b>.</i>

<b>swerve</b>	Turn sharply; change direction abruptly. <i>A lorry <b>swerved</b> across her path.</i>
<b>tremble</b>	(of a structure or area of land) shake or quiver slightly. <i>I <b>tremble</b> to think that we could ever return to conditions like these.</i>
<b>turn away</b>	Alter the functioning or setting of.
<b>waver</b>	Move hesitatingly, as if about to give way. <i>His love for her had never <b>wavered</b>.</i>
<b>wince</b>	Make a face indicating disgust or dislike. <i>He <b>wincing</b> at the disgust in her voice.</i>
<b>withdraw</b>	Withdraw from active participation. <i>This machine <b>withdraws</b> heat from the environment.</i>

## Usage Examples of "Flinch" as a verb

- *He had faced death without flinching.*
- *She flinched when they showed the slaughtering of the calf.*
- *I rarely flinch from a fight when I'm sure of myself.*
- *She flinched at the acidity in his voice.*

## Associations of "Flinch" (30 Words)

<b>abate</b>	Reduce or remove (a nuisance). <i>The storm suddenly <b>abated</b>.</i>
<b>astringent</b>	An astringent lotion applied to the skin to reduce bleeding from minor abrasions or as a cosmetic to make the skin less oily. <i>His subversive and <b>astringent</b> humour.</i>
<b>backlash</b>	A movement back from an impact. <i>The political movie <b>backlashed</b> on the Democrats.</i>
<b>boggle</b>	Startle with amazement or fear. <i>The mind <b>boggles</b> at the spectacle.</i>
<b>cringe</b>	An act of cringing. <i>I <b>cringed</b> at the fellow's stupidity.</i>
<b>curtail</b>	Terminate or abbreviate before its intended or proper end or its full extent. <i>Personal freedom is <b>curtailed</b> in many countries.</i>
<b>deadened</b>	Make (a noise or sensation) less strong or intense. <i><b>Deadened</b> wine.</i>

<b>decrease</b>	Decrease in size extent or range. <i>He <b>decreased</b> his staff.</i>
<b>decrement</b>	A process of becoming smaller or shorter. <i>The instruction <b>decrements</b> the accumulator by one.</i>
<b>deflate</b>	Become deflated or flaccid as by losing air. <i>The new measures <b>deflated</b> the economy.</i>
<b><u>depletion</u></b>	The act of decreasing something markedly. <i>The <b>depletion</b> of the ozone layer.</i>
<b>diminish</b>	Cause to seem less impressive or valuable. <i>The trial has aged and <b>diminished</b> him.</i>
<b>downgrade</b>	An instance of reducing someone or something's rank, status, or level of importance. <i><b>Downgrades</b> by debt rating agencies outnumber upgrades by five to one.</i>
<b><u>dwindle</u></b>	Become smaller or lose substance. <i>Traffic has <b>dwindled</b> to a trickle.</i>
<b><u>fade</u></b>	Lose freshness, vigor, or vitality. <i>His fair hair had <b>faded</b> to a dusty grey.</i>
<b>languish</b>	Be forced to remain in an unpleasant place or situation. <i>Kelso <b>languish</b> near the bottom of the Scottish First Division.</i>
<b>lessen</b>	Make or become less; diminish. <i>The years have <b>lessened</b> the gap in age between us.</i>
<b><u>recoil</u></b>	The action of recoiling. <i>The rifle <b>recoiled</b>.</i>
<b>retrench</b>	Make (an employee) redundant. <i>Right wing parties which seek to <b>retrench</b> the welfare state.</i>
<b><u>rundown</u></b>	A reduction in the productivity or activities of a company or institution. <i>He gave his teammates a <b>rundown</b> on the opposition.</i>
<b><u>shorten</u></b>	Make (a vowel or syllable) short. <i>Before sail could be <b>shortened</b> she went on to her beam ends.</i>
<b><u>shrink</u></b>	Become smaller or draw together. <i>You should see a <b>shrink</b>.</i>
<b>shrinkage</b>	The amount by which something shrinks. <i><b>Shrinkage</b> is the retail trade's euphemism for shoplifting.</i>
<b>shrivel</b>	Wither, as with a loss of moisture. <i>The fruit dried and <b>shriveled</b>.</i>
<b>squat</b>	A squatting position. <i>He can <b>squat</b> 850 pounds.</i>

<b>wane</b>	Grow smaller. <i>Interest in the project <b>waned</b>.</i>
<b>wilt</b>	Any of a number of fungal or bacterial diseases of plants characterized by wilting of the foliage. <i>My opponent was <b>wilting</b>.</i>
<b>wince</b>	The facial expression of sudden pain. <i>She <b>winc</b>ed when she heard his pompous speech.</i>
<b>wither</b>	Wither as with a loss of moisture. <i>She <b>wither</b>ed him with a glance.</i>
<b>wizened</b>	Shrivelled or wrinkled with age. <i>A <b>wizened</b> little man with frizzy grey hair.</i>