

Need another word that means the same as “fret”? Find 55 synonyms and 30 related words for “fret” in this overview.

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The synonyms of “Fret” are: eat into, grate, rankle, chafe, gall, fray, rub, scratch, eat away, fuss, niggle, erode, choke, gag, worry, be anxious, feel uneasy, be distressed, be upset, upset oneself, concern oneself, feel unhappy, trouble, bother, concern, perturb, disturb, disquiet, disconcert, make anxious, cause anxiety, distress, upset, torment, alarm, panic, cause to panic, agitate, wear away, wear down, eat away at, chip away, chip away at, bite into, corrode, consume, devour, worn spot, lather, stew, sweat, swither, greek fret, greek key, key pattern

Fret as a Noun

Definitions of "Fret" as a noun

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

- *A small bar of metal across the fingerboard of a musical instrument; when the string is stopped by a finger at the metal bar it will produce a note of the desired pitch.*
- *A spot that has been worn away by abrasion or erosion.*
- *An ornamental pattern consisting of repeated vertical and horizontal lines (often in relief).*
- *Agitation resulting from active worry.*
- *A state of anxiety.*



Synonyms of "Fret" as a noun (8 Words)

- greek fret** A spot that has been worn away by abrasion or erosion.
- greek key** Metal device shaped in such a way that when it is inserted into the appropriate lock the lock's mechanism can be rotated.
- key pattern** A space (including the foul line) in front of the basket at each end of a basketball court; usually painted a different color from the rest of the court.
- lather** A frothy white mass of bubbles produced by soap, washing powder, etc. when mixed with water.
*She rinsed off the **lather** and dried her hands.*
- stew** Food prepared by stewing especially meat or fish with vegetables.
*Add to casseroles **stews** and sauces.*
- sweat** An instance or period of being covered with sweat.
*The cold glasses were streaked with **sweat**.*
- swither** A state of uncertainty.
- worn spot** The act of having on your person as a covering or adornment.



Usage Examples of "Fret" as a noun

- *There was a simple fret at the top of the walls.*
- *Why would anyone get themselves in a fret over something so simple?*



Fret as a Verb

Definitions of "Fret" as a verb

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

- *Remove soil or rock.*
- *Cause anxiety to.*
- *Be agitated or irritated.*
- *Become or make sore by or as if by rubbing.*
- *Flow or move in small waves.*
- *Carve a pattern into.*
- *Cause friction.*
- *Gnaw into; make resentful or angry.*
- *Provide (a musical instrument) with frets.*
- *Wear away or erode.*

- *Decorate with an interlaced design.*
- *Gradually wear away (something) by rubbing or gnawing.*
- *Be constantly or visibly anxious.*
- *Form (a channel or passage) by rubbing or wearing away.*
- *Be too tight; rub or press.*
- *Worry unnecessarily or excessively.*
- *Cause annoyance in.*



Synonyms of "Fret" as a verb (47 Words)

agitate	Cause to be agitated excited or roused. <i>The thought of questioning Toby agitated him extremely.</i>
alarm	Be fitted or protected with an alarm. <i>The news had alarmed her.</i>
be anxious	Be identical or equivalent to.
be distressed	Have life, be alive.

be upset	Form or compose.
bite into	Deliver a sting to.
bother	Cause trouble or annoyance to (someone) by interrupting or otherwise inconveniencing them. <i>Scientists rarely bother with such niceties.</i>
cause anxiety	Give rise to; cause to happen or occur, not always intentionally.
cause to panic	Cause to do; cause to act in a specified manner.
<u>chafe</u>	Cause friction. <i>It chafed him to be confined like this.</i>
chip away	Break off (a piece from a whole).
chip away at	Break a small piece off from.
<u>choke</u>	Cause to retch or choke. <i>The team should have won hands down but choked disappointing the coach and the audience.</i>
concern	Make (someone) anxious or worried. <i>She was prying into that which did not concern her.</i>
concern oneself	Be on the mind of.
consume	Serve oneself to or consume regularly. <i>The effort to pass the exam consumed all his energy.</i>
corrode	Destroy or weaken (something) gradually. <i>The acid corroded the metal.</i>
<u>devour</u>	Destroy completely. <i>She was devoured by envy.</i>
disconcert	Cause to lose one's composure. <i>The abrupt change of subject disconcerted her.</i>
disquiet	Disturb in mind or make uneasy or cause to be worried or alarmed. <i>World leaders are surely disquieted by the prospect of a global economic meltdown.</i>
distress	Bring into difficulties or distress especially financial hardship. <i>Please don't distress yourself.</i>
<u>disturb</u>	Interfere with the normal arrangement or functioning of. <i>I'll see my patient now and we are not to be disturbed.</i>
eat away	Take in solid food.
eat away at	Take in food; used of animals only.
eat into	Take in solid food.

erode	(of a disease) gradually destroy (bodily tissue). <i>This humiliation has eroded what confidence Jean has.</i>
feel uneasy	Perceive by a physical sensation, e.g., coming from the skin or muscles.
feel unhappy	Examine (a body part) by palpation.
fray	(of a person's nerves or temper) show the effects of strain. <i>Cheap fabric soon frays.</i>
fuss	Show unnecessary or excessive concern about something. <i>She fusses over her husband.</i>
gag	Tie a gag around someone's mouth in order to silence them. <i>I'm absolutely gagging for a pint.</i>
gall	Irritate or vex. <i>It galls me that we lost the suit.</i>
grate	Furnish with a grate. <i>Grate carrots and onions.</i>
make anxious	Reach in time.
panic	Feel or cause to feel panic. <i>We are not going to be panicked into a decision.</i>
perturb	Subject (a system, moving object, or process) to an influence tending to alter its normal or regular state or path. <i>They were perturbed by her capricious behaviour.</i>
rankle	Annoy or irritate (someone). <i>The injustice rankled her.</i>
rub	Scrape or rub as if to relieve itching. <i>Many insects make noises by rubbing parts of their bodies together.</i>
scratch	Play a record using the scratch technique. <i>The dog scratched to be let in.</i>
torment	Torment emotionally or mentally. <i>He was tormented by jealousy.</i>
trouble	Take the trouble to do something concern oneself. <i>He was not troubled by doubts.</i>
upset	Cause to lose one's composure. <i>This book upset me.</i>
upset oneself	Cause to lose one's composure.
wear away	Exhaust or get tired through overuse or great strain or stress.
wear down	Last and be usable.

worry

Be on the mind of.

*The noise never really stops but it doesn't **worry** me.*



Usage Examples of "Fret" as a verb

- *Don't fret over these small details.*
- *His absence during her times awake began to fret her.*
- *Fret a guitar.*
- *The bay's black waves fret the seafront.*
- *Squelchy clay that fretted between his toes.*
- *What shape the sea has fretted into the land.*
- *She fretted about the cost of groceries.*



Associations of "Fret" (30 Words)

- anger** Fill someone with anger provoke anger in.
*The news **angered** him.*
- annoy** Cause annoyance in disturb especially by minor irritations.
*Your damned cheerfulness has always **annoyed** me.*
- annoyed** Aroused to impatience or anger.
*I got very **annoyed** watching the film.*
- anxiety** A vague unpleasant emotion that is experienced in anticipation of some (usually ill-defined) misfortune.
*He felt a surge of **anxiety**.*
- cranky** Eccentric or strange.
*A **cranky** scheme to pipe ground level ozone into the stratosphere.*
- distress** Bring into difficulties or distress especially financial hardship.
*The death of his wife caused him great **distress**.*
- embarrassed** Made to feel uncomfortable because of shame or wounded pride.
*An **embarrassed** silence.*

flurry	(especially of snow or leaves) be moved in small swirling masses by sudden gusts of wind. <i>A flurry of snow.</i>
fractious	(of a group or organization) difficult to control; unruly. <i>Rockets were much too fractious to be tested near thickly populated areas.</i>
fuss	An angry disturbance. <i>They settled in with very little fuss.</i>
hassle	Annoy continually or chronically. <i>The hassle of child care.</i>
irritable	(of a living organism) having the property of responding actively to physical stimuli. <i>The seeds have been reputed to help conditions such as irritable bladder.</i>
irritated	Aroused to impatience or anger. <i>Made an irritated gesture.</i>
jitter	Of a signal or device suffer from jitter. <i>Picture jitter.</i>
jittery	Characterized by jerky movements. <i>Caffeine makes me jittery.</i>
nag	A person who nags someone. <i>She constantly nags her daughter about getting married.</i>
nervy	Characterized or produced by apprehension or uncertainty. <i>The nervy feats of mountaineers.</i>
offend	Commit an illegal act. <i>The smell of ash offended him.</i>
peevish	Easily irritated or annoyed. <i>A thin peevish voice.</i>
petulant	(of a person or their manner) childishly sulky or bad-tempered. <i>He was moody and petulant.</i>
querulous	Complaining in a rather petulant or whining manner. <i>She became querulous and demanding.</i>
rankle	Gnaw into; make resentful or angry. <i>The wound is but skinned over and rankles still at the bottom.</i>
scuffle	A hoe that is used by pushing rather than pulling. <i>A drenched woman scuffled through the doorway.</i>
tense	Become stretched or tense or taut. <i>He was tense with excitement.</i>

- testy** Easily irritated or annoyed.
*His **testy** disapproving father.*
- touchy** (of an issue or situation) requiring careful handling; delicate.
*The monarchy has become a **touchy** topic.*
- trouble** Take the trouble to do something concern oneself.
*He was not **troubled** by doubts.*
- upset** The act of upsetting something.
*The foreign team **upset** the local team.*
- uptight** Being in a tense state.
*He is so **uptight** about everything.*
- worried** Mentally upset over possible misfortune or danger etc.
*Not used to a city and **worried** about small things.*

