

Need another word that means the same as “squirm”? Find 29 synonyms for “squirm” in this overview.

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The synonyms of “Squirm” are: twist, worm, wrestle, wriggle, writhe, wiggle, slide, slither, turn, shift, fidget, jiggle, twitch, thresh, flounder, flail, toss and turn, wince, blush, flush, go red, shuffle, tic, spasm, shudder

Squirm as a Noun

Definitions of "Squirm" as a noun

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

- *A wriggling movement.*
- *The act of wiggling.*



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

- jiggle** A quick light shake.
*Give that rack a **jiggle**.*
- shudder** An act of shuddering.
*The elevator rose with a **shudder**.*
- shuffle** A piece of music for or in the style of a shuffle.
*A **shuffle** facility.*
- spasm** A sudden involuntary muscular contraction or convulsive movement.
*A **spasm** of coughing woke him.*
- tic** An idiosyncratic and habitual feature of a person's behaviour.
*They've developed a verbal **tic** which involves repeating odd bits of each other's utterances.*
- twitch** A sudden pull or jerk.
*His mouth gave a slight **twitch**.*
- wiggle** A wiggling movement.
*A slight **wiggle** of the hips.*
- wriggle** The act of wiggling.
*She gave an impatient little **wriggle**.*

Usage Examples of "Squirm" as a noun

- *The toddler gave a sudden squirm.*

Squirm as a Verb

Definitions of "Squirm" as a verb

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

- *Show or feel embarrassment or shame.*
- *Wriggle or twist the body from side to side, especially as a result of nervousness or discomfort.*
- *To move in a twisting or contorted motion, (especially when struggling).*

Synonyms of "Squirm" as a verb (21 Words)

<u>blush</u>	Feel embarrassed or ashamed. <i>The girl blushed when a young man whistled as she walked by.</i>
<u>fidget</u>	Move restlessly. <i>The child is always fidgeting in his seat.</i>
flail	Move like a flail thresh about. <i>I was flailing about in the water.</i>
<u>flounder</u>	Struggle mentally; show or feel great confusion. <i>She is floundering in college.</i>
<u>flush</u>	Of a toilet be cleansed by flushing. <i>The plant had started to flush by late March.</i>
go red	Move away from a place into another direction.
jiggle	Move about quickly from side to side or up and down. <i>The car jiggled on its springs.</i>
<u>shift</u>	Make a shift in or exchange of. <i>The wind had shifted to the east.</i>
<u>slide</u>	Move obliquely or sideways, usually in an uncontrolled manner. <i>She slid the keys over the table.</i>
<u>slither</u>	Move smoothly over a surface with a twisting or oscillating motion. <i>I spied a baby adder slithering away.</i>

thresh	Move like a flail thresh about. <i>Machinery that can reap and thresh corn in the same process.</i>
toss and turn	Agitate.
turn	To break and turn over earth especially with a plow. <i>The mugger turned and fled before I could see his face.</i>
<u>twist</u>	Twist suddenly so as to sprain. <i>He grabbed the man and twisted his arm behind his back.</i>
<u>twitch</u>	Use a twitch to subdue a horse. <i>The dog twitched his ears.</i>
wiggle	Move to and fro. <i>Vi wiggled her toes.</i>
<u>wince</u>	Make a slight involuntary grimace or shrinking movement of the body out of pain or distress. <i>She wincd when she heard his pompous speech.</i>
worm	Treat an animal with a preparation designed to expel parasitic worms. <i>You wormed your way into their lives.</i>
wrestle	Move or manipulate (something) with difficulty. <i>The security guards wrestled them to the ground.</i>
wriggle	To move in a twisting or contorted motion, (especially when struggling). <i>She wriggled her bare brown toes.</i>
<u>writhe</u>	Respond with great emotional or physical discomfort to (an intense or unpleasant feeling or thought). <i>The prisoner writhed in discomfort.</i>

Usage Examples of "Squirm" as a verb

- *He looked uncomfortable and squirmed in his chair.*
- *He squirmed as he recalled the phrases he had used.*