

Need another word that means the same as “strained”? Find 51 synonyms and 30 related words for “strained” in this overview.

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**The synonyms of “Strained” are: labored, laboured, agonistic, constrained, forced, drawn, careworn, worn, pinched, tired, exhausted, weary, fatigued, drained, awkward, tense, uneasy, uncomfortable, fraught, edgy, difficult, troubled, embarrassed, unrelaxed, stilted, wooden, stiff, self-conscious, hollow, unnatural, unbelievable, hard to believe, unconvincing, implausible, improbable, not in the least likely, questionable, dubious, doubtful, inconceivable, unthinkable, unimaginable, impossible, astonishing, astounding, breathtaking, staggering, absurd, preposterous, phenomenal, extraordinary**

## Strained as an Adjective

### Definitions of "Strained" as an adjective

According to the [Oxford Dictionary of English](#), “strained” as an adjective can have the following definitions:

- *(of a limb or muscle) injured by overexertion or twisting.*
- *(of a mainly liquid substance) having been strained to separate out any solid matter.*
- *Lacking natural ease.*
- *Lacking spontaneity; not natural.*
- *Not relaxed or comfortable; tense or uneasy.*
- *Far-fetched; laboured.*
- *Showing signs of mental and emotional tension.*
- *Produced by deliberate effort rather than spontaneously; artificial or forced.*
- *Showing signs of nervous tension or tiredness.*
- *Struggling for effect.*



## Synonyms of "Strained" as an adjective (51 Words)

|                           |  |
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| <b>absurd</b>             | Arousing amusement or derision; ridiculous.<br><i>The allegations are patently <b>absurd</b>.</i>          |
| <b>agonistic</b>          | Relating to or acting as an agonist.<br><i>An <b>agonistic</b> exchange.</i>                               |
| <b><u>astonishing</u></b> | Extremely surprising or impressive; amazing.<br><i>An <b>astonishing</b> achievement.</i>                  |
| <b><u>astounding</u></b>  | Bewildering or striking dumb with wonder.<br><i>The summit offers <b>astounding</b> views.</i>             |
| <b>awkward</b>            | Uncomfortable or abnormal.<br><i>An <b>awkward</b> dancer.</i>   |
| <b><u>brehtaking</u></b>  | Tending to cause suspension of regular breathing.<br><i>The scene was one of <b>brehtaking</b> beauty.</i> |
| <b>careworn</b>           | Showing the wearing effects of overwork or care or suffering.<br><i>A <b>careworn</b> expression.</i>      |

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| <b>constrained</b>        | Severely restricted in scope, extent, or activity.<br><i>Many families are operating under <b>constrained</b> budgets.</i>                                     |
| <b>difficult</b>          | Characterized by or causing hardships or problems.<br><i>A <b>difficult</b> task.</i>  |
| <b>doubtful</b>           | Unsettled in mind or opinion.<br><i>I was <b>doubtful</b> of my judgement.</i>   |
| <b><u>drained</u></b>     | Drained of electric charge discharged.<br><i>A <b>drained</b> and apathetic old man not caring any longer about anything.</i>                                  |
| <b>drawn</b>              | (of a person) looking strained from illness, exhaustion, anxiety, or pain.<br><i>The <b>drawn</b> draperies kept direct sunlight from fading the rug.</i>      |
| <b><u>dubious</u></b>     | Of questionable value.<br><i>Timeshare has been brought into disrepute by <b>dubious</b> sales methods.</i>  |
| <b><u>edgy</u></b>        | Being in a tense state.<br><i>Tremendously <b>edgy</b> brass playing.</i>  |
| <b><u>embarrassed</u></b> | Feeling or caused to feel uneasy and self-conscious.<br><i>An <b>embarrassed</b> silence.</i>  |
| <b>exhausted</b>          | Drained of energy or effectiveness extremely tired completely exhausted.<br><i>The day's events left her completely <b>exhausted</b> her strength drained.</i> |
| <b>extraordinary</b>      | Unusually great.<br><i>An <b>extraordinary</b> desire for approval.</i>  |
| <b>fatigued</b>           | Drained of energy or effectiveness; extremely tired; completely exhausted.   |
| <b>forced</b>             | Forced or compelled.<br><i><b>Forced</b> heartiness.</i>   |
| <b>fraught</b>            | Marked by distress.<br><i>A <b>fraught</b> mother daughter relationship.</i>   |
| <b>hard to believe</b>    | Given to excessive indulgence of bodily appetites especially for intoxicating liquors.   |
| <b>hollow</b>             | As if echoing in a hollow space.<br><i>The result was a <b>hollow</b> victory.</i>   |
| <b>implausible</b>        | (of an argument or statement) not seeming reasonable or probable; failing to convince.<br><i>This is a blatantly <b>implausible</b> claim.</i>                 |

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| <b><u>impossible</u></b>       | Very difficult to deal with.<br><i>An <b>impossible</b> dream.</i>  |
| <b>improbable</b>              | Too improbable to admit of belief.<br><i>This account of events was seen by the jury as most <b>improbable</b>.</i>               |
| <b><u>inconceivable</u></b>    | Totally unlikely.<br><i>It seemed <b>inconceivable</b> that the president had been unaware of what was going on.</i>              |
| <b>labored</b>                 | Lacking natural ease.<br><i>The subject made for <b>labored</b> reading.</i>  |
| <b>laboured</b>                | Requiring or showing effort.<br><i>His breathing was <b>laboured</b>.</i>   |
| <b>not in the least likely</b> | Directed or bound inward.   |
| <b><u>phenomenal</u></b>       | Of or relating to a phenomenon.<br><i>The town expanded at a <b>phenomenal</b> rate.</i>  |
| <b>pinched</b>                 | Sounding as if the nose were pinched.<br><i>Her <b>pinched</b> toes in her pointed shoes were killing her.</i>                    |
| <b>preposterous</b>            | So unreasonable as to invite derision.<br><i>A <b>preposterous</b> suggestion.</i>  |
| <b><u>questionable</u></b>     | Subject to question.<br><i>A <b>questionable</b> reputation.</i>  |
| <b>self-conscious</b>          | Aware of yourself as an individual or of your own being and actions and thoughts- D.M.Potter.                                     |
| <b><u>staggering</u></b>       | Deeply shocking; astonishing.<br><i>Suffered a <b>staggering</b> defeat.</i>  |
| <b><u>stiff</u></b>            | Full of.<br><i>The place is <b>stiff</b> with alarm systems.</i>  |
| <b>stilted</b>                 | (of an arch) with pieces of upright masonry between the imposts and the springers.<br><i>We made <b>stilted</b> conversation.</i> |
| <b><u>tense</u></b>            | Pronounced with relatively tense tongue muscles e g the vowel sound in beat.<br><i>He was <b>tense</b> with excitement.</i>       |
| <b>tired</b>                   | Repeated too often; overfamiliar through overuse.<br><i>Fisher rubbed his <b>tired</b> eyes.</i>                                  |
| <b><u>troubled</u></b>         | Characterized by unrest or disorder or insubordination.<br><i>His <b>troubled</b> face.</i>                                       |

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| <b><u>unbelievable</u></b>  | So great or extreme as to be difficult to believe; extraordinary.<br><i><b>Unbelievable</b> or not it happened.</i>                         |
| <b><u>uncomfortable</u></b> | Causing or feeling slight pain or physical discomfort.<br><i>He began to feel <b>uncomfortable</b> at the man s hard stare.</i>             |
| <b><u>unconvincing</u></b>  | Not convincing.<br><i>She felt the lie was <b>unconvincing</b>.</i>   |
| <b><u>uneasy</u></b>        | (of a situation or relationship) not settled; liable to change.<br><i>She fell into an <b>uneasy</b> sleep.</i>                             |
| <b><u>unimaginable</u></b>  | Difficult or impossible to imagine or comprehend.<br><i>Lives of almost <b>unimaginable</b> deprivation.</i>                                |
| <b><u>unnatural</u></b>     | Speaking or behaving in an artificial way to make an impression.<br><i>The child s <b>unnatural</b> interest in death.</i>                  |
| <b><u>unrelaxed</u></b>     | Nor relaxed.<br><i>His life was drawing to a close in baffled zeal and <b>unrelaxed</b> strain.</i>   |
| <b><u>unthinkable</u></b>   | (of a situation or event) too unlikely or undesirable to be considered a possibility.<br><i>The <b>unthinkable</b> happened I spoke up.</i> |
| <b><u>weary</u></b>         | Reluctant to see or experience any more of; tired of.<br><i>He gave a long <b>weary</b> sigh.</i>   |
| <b><u>wooden</u></b>        | Like or characteristic of wood.<br><i>The actor s performance was <b>wooden</b>.</i>  |
| <b><u>worn</u></b>          | Showing the wearing effects of overwork or care or suffering.<br><i>His knees were encased in <b>worn</b> plus fours.</i>                   |





## Usage Examples of "Strained" as an adjective

- *Jean's pale, strained face.*
- *She gave a strained laugh.*
- *A strained smile.*
- *My example may seem a little strained.*
- *Relations between the two countries were strained.*
- *A constrained smile.*
- *There was a strained silence.*
- *Her voice was strained as she asked the question.*





## Associations of "Strained" (30 Words)

- aroused** Aroused to action.  
*The **aroused** opposition.*
- constrained** Appearing forced or overly controlled.  
*He was acting in a **constrained** manner.*
- constricted** Inhibited; restricted.  
***Constricted** air passages.*
- defuse** Make (a situation) less tense or dangerous.  
*Explosives specialists tried to **defuse** the grenade.*
- dejection** A sad and depressed state; low spirits.  
*He was slumped in deep **dejection**.*
- excitability** Being easily excited.
- flighty** Unpredictably excitable (especially of horses).  
*Her mother was a **flighty** Southern belle.*
- fretful** Feeling or expressing distress or irritation.  
*The baby was crying with a **fretful** whimper.*

|                        |   |
|------------------------|---|
| <b>irritability</b>    | The quality or state of being irritable.<br><i>Symptoms include insomnia and <b>irritability</b>.</i>   |
| <b>jittery</b>         | Nervous or unable to relax.<br><i>Caffeine makes me <b>jittery</b>.</i>   |
| <u><b>nervous</b></u>  | Of or relating to the nervous system.<br><i><b>Nervous</b> energy.</i>  |
| <b>nervously</b>       | In an anxiously nervous manner.<br><i>I was blushing and smiling <b>nervously</b>.</i>  |
| <b>nervy</b>           | Being in a tense state.<br><i>It was kind of <b>nervy</b> for Billy to be telling him how to play.</i>  |
| <b>paralyze</b>        | Cause to be paralyzed and immobile.<br><i>The bureaucracy <b>paralyzes</b> the entire operation.</i>  |
| <b>peevish</b>         | Having or showing an irritable disposition.<br><i>A thin <b>peevish</b> voice.</i>  |
| <b>petulance</b>       | An irritable petulant feeling.<br><i>A slight degree of <b>petulance</b> had crept into his voice.</i>  |
| <b>querulous</b>       | Habitually complaining.<br><i>She became <b>querulous</b> and demanding.</i>  |
| <b>restlessly</b>      | In a restless manner.   |
| <b>sensitize</b>       | Cause (someone or something) to respond to certain stimuli; make sensitive.<br><i>Long term exposure to this medicine may <b>sensitize</b> you to the allergen.</i>       |
| <u><b>skittish</b></u> | (of a person) playfully frivolous or unpredictable.<br><i>A <b>skittish</b> chestnut mare.</i>  |
| <b>stressed</b>        | Strengthened by the application of stress during manufacture prestressed.<br><i>He dropped out of the race clearly <b>distressed</b> and having difficulty breathing.</i> |
| <b>taut</b>            | (especially of muscles or nerves) tense; not relaxed.<br><i>The fabric stays <b>taut</b> without adhesive.</i>  |
| <u><b>temper</b></u>   | Make more temperate acceptable or suitable by adding something else.<br><i>The way a smith would <b>temper</b> a sword.</i>   |
| <u><b>tense</b></u>    | Become stretched or tense or taut.<br><i>He got a phone call from his lawyer that <b>tensed</b> him up.</i>   |
| <u><b>troubled</b></u> | Characterized by unrest or disorder or insubordination.<br><i><b>Troubled</b> teenagers.</i>  |
| <u><b>uneasy</b></u>   | Relating to bodily unease that causes discomfort.<br><i><b>Uneasy</b> lies the head that wears the crown.</i>   |



- unnatural** Contrary to the ordinary course of nature; abnormal.  
*Death by **unnatural** causes.*
- uptight** Anxious or angry in a tense and overly controlled way.  
*He is so **uptight** about everything.*
- volatility** The trait of being unpredictably irresolute.  
*The **volatility** of chemicals in an indoor environment.*

