

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

Table Of Contents:

- [Strained as an Adjective](#)
- [Definitions of "Strained" as an adjective](#)
- [Synonyms of "Strained" as an adjective \(51 Words\)](#)
- [Usage Examples of "Strained" as an adjective](#)
- [Associations of "Strained" \(30 Words\)](#)

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)

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

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

impossible

Very difficult to deal with.
*An **impossible** dream.*

improbable

Too improbable to admit of belief.
*This account of events was seen by the jury as most **improbable**.*

inconceivable

Totally unlikely.
*It seemed **inconceivable** that the president had been unaware of what was going on.*

labored

Lacking natural ease.
*The subject made for **labored** reading.*

laboured

Requiring or showing effort.
*His breathing was **laboured**.*

not in the least likely

Directed or bound inward.

phenomenal

Of or relating to a phenomenon.
*The town expanded at a **phenomenal** rate.*

pinched

Sounding as if the nose were pinched.
*Her **pinched** toes in her pointed shoes were killing her.*

preposterous

So unreasonable as to invite derision.
*A **preposterous** suggestion.*

questionable

Subject to question.
*A **questionable** reputation.*

self-conscious

Aware of yourself as an individual or of your own being and actions and thoughts- D.M.Potter.

staggering

Deeply shocking; astonishing.
*Suffered a **staggering** defeat.*

stiff

Full of.
*The place is **stiff** with alarm systems.*

stilted

(of an arch) with pieces of upright masonry between the imposts and the springers.
*We made **stilted** conversation.*

tense

Pronounced with relatively tense tongue muscles e g the vowel sound in beat.
*He was **tense** with excitement.*

tired

Repeated too often; overfamiliar through overuse.
*Fisher rubbed his **tired** eyes.*

troubled

Characterized by unrest or disorder or insubordination.
*His **troubled** face.*

unbelievable

So great or extreme as to be difficult to believe; extraordinary.
***Unbelievable** or not it happened.*

uncomfortable

Causing or feeling slight pain or physical discomfort.
*He began to feel **uncomfortable** at the man's hard stare.*

unconvincing

Not convincing.
*She felt the lie was **unconvincing**.*

uneasy

(of a situation or relationship) not settled; liable to change.
*She fell into an **uneasy** sleep.*

unimaginable

Difficult or impossible to imagine or comprehend.
*Lives of almost **unimaginable** deprivation.*

unnatural

Speaking or behaving in an artificial way to make an impression.
*The child's **unnatural** interest in death.*

unrelaxed

Nor relaxed.
*His life was drawing to a close in baffled zeal and **unrelaxed** strain.*

unthinkable

(of a situation or event) too unlikely or undesirable to be considered a possibility.
*The **unthinkable** happened I spoke up.*

weary

Reluctant to see or experience any more of; tired of.
*He gave a long **weary** sigh.*

wooden

Like or characteristic of wood.
*The actor's performance was **wooden**.*

worn

Showing the wearing effects of overwork or care or suffering.
*His knees were encased in **worn** plus fours.*



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

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

