

Need another word that means the same as “straining”? Find 7 synonyms and 30 related words for “straining” in this overview.

Table Of Contents:

- [Straining as a Noun](#)
- [Definitions of "Straining" as a noun](#)
- [Synonyms of "Straining" as a noun \(5 Words\)](#)
- [Straining as an Adjective](#)
- [Definitions of "Straining" as an adjective](#)
- [Synonyms of "Straining" as an adjective \(2 Words\)](#)
- [Usage Examples of "Straining" as an adjective](#)
- [Associations of "Straining" \(30 Words\)](#)

The synonyms of “Straining” are: strain, distortion, overrefinement, torture, twisting, arduous, strenuous

Straining as a Noun

Definitions of "Straining" as a noun

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

- *The general meaning or substance of an utterance.*
- *Nervousness resulting from mental stress.*
- *An intense or violent exertion.*
- *An effortful attempt to attain a goal.*
- *Difficulty that causes worry or emotional tension- R.J.Samuels.*
- *A special variety of domesticated animals within a species.*
- *A succession of notes forming a distinctive sequence.*
- *The act of distorting something so it seems to mean something it was not intended to mean.*
- *Injury to a muscle (often caused by overuse); results in swelling and pain.*
- *The act of singing.*
- *Deformation of a physical body under the action of applied forces.*
- *A group of organisms within a species that differ in trivial ways from similar groups.*



Synonyms of "Straining" as a noun (5 Words)

- distortion** A shape resulting from distortion.
*Heavy metal guitar players use vacuum tube amplifiers to produce extreme **distortion**.*
- overrefinement** The act of distorting something so it seems to mean something it was not intended to mean.
- strain** An effortful attempt to attain a goal.
*He has a slight groin **strain**.*
- torture** Extreme mental distress.
*Dances were absolute **torture** because I was so small.*
- twisting** A hairdo formed by braiding or twisting the hair.
*It broke off after much **twisting**.*



Straining as an Adjective

Definitions of "Straining" as an adjective

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

- *Taxing to the utmost; testing powers of endurance.*



Synonyms of "Straining" as an adjective (2 Words)

arduous Taxing to the utmost; testing powers of endurance.
*The **arduous** work of preparing a dictionary.*

strenuous Requiring or using great effort or exertion.
*A **strenuous** task.*



Usage Examples of "Straining" as an adjective

- *His final, straining burst of speed.*



Associations of "Straining" (30 Words)

- accent** Put stress on utter with an accent.
*He couldn't suppress his contemptuous **accent**.*
- accentuate** Make more noticeable or prominent.
*His jacket unfortunately **accentuated** his paunch.*
- buckle** Fasten with a buckle or buckles.
*A weaker person might have **buckled** under the strain.*
- constrain** Confine forcibly; imprison.
*Duty **constrains** one to act often contrary to one's desires or inclinations.*
- emphasize** Give extra weight to (a communication).
*I would **emphasize** that I am not an economist.*
- emphatically** Without question and beyond doubt.
*Greg is **emphatically** not a slacker.*

fasten	Become fixed or fastened. <i>Her chestnut hair was fastened in a knot.</i>
grave	Of great gravity or crucial import; requiring serious thought. <i>They lifted the aircraft from its watery grave.</i>
highlight	Mark with a highlighter. <i>A photocopy with sections highlighted in green.</i>
importance	The state or fact of being of great significance or value. <i>The importance of a good education.</i>
imprint	A lasting effect. <i>English stills bears the imprint of the Norman invasion.</i>
intension	What you must know in order to determine the reference of an expression.
overburden	An excessive burden. <i>They were overburdened with luggage.</i>
pains	An effortful attempt to attain a goal.
pressure	Exert pressure on someone through threats. <i>Backbenchers put pressure on the government to provide safeguards.</i>
repetitive	Repetitive and persistent. <i>Repetitive movement.</i>
sift	An act of sifting something especially so as to isolate that which is most important. <i>Until we sift the evidence ourselves we can't comment objectively.</i>
spotlight	Illuminate with a spotlight as in the theater. <i>She was constantly in the media spotlight.</i>
stiffen	Make or become stronger or more steadfast. <i>Stiffen the regulations.</i>
stress	The degree of stress measured in units of force per unit area. <i>She endured the stresses and strains of life.</i>
striving	An effortful attempt to attain a goal.
tension	Electromotive force. <i>The parachute keeps the cable under tension as it drops.</i>
tighten	Make or become tight or tighter. <i>Central government has tightened control over local authority spending.</i>
try	An act of trying something new or different to see if it is suitable effective or pleasant. <i>They decided to try for another baby.</i>
trying	Difficult or annoying; hard to endure. <i>A trying day at the office.</i>

underline Draw a line or lines underneath to call attention to.
*The improvement in retail sales was **underlined** by these figures.*

underscore Underline (something).
*The company **underscored** the progress made with fuel cells.*

viser A holding device attached to a workbench; has two jaws to hold workpiece firmly in place.

wrench Turn something especially a nut or bolt with a wrench.
***Wrench** one's ankle.*

