

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

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**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.*

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

