

Need another word that means the same as “sustain”? Find 60 synonyms and 30 related words for “sustain” in this overview.

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**The synonyms of “Sustain” are: keep up, prolong, get, have, suffer, hold, hold up, support, nourish, nurture, keep, maintain, affirm, confirm, corroborate, substantiate, comfort, help, assist, encourage, succour, give strength to, be a source of strength to, be a tower of strength to, buoy up, carry, cheer up, hearten, see someone through, bear, stand, prop up, shore up, bolster, underpin, buttress, undergo, experience, go through, endure, steady, round the clock, continue, carry on, keep going, keep alive, keep in existence, preserve, conserve, protract, perpetuate, bolster up, retain, extend, uphold, validate, ratify, vindicate, endorse, approve**

## Sustain as a Verb

### Definitions of "Sustain" as a verb

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

- *Supply with necessities and support.*
- *Be the physical support of; carry the weight of.*
- *Strengthen or support physically or mentally.*
- *Lengthen or extend in duration or space.*
- *Admit as valid.*
- *Uphold, affirm, or confirm the justice or validity of.*
- *Cause to continue for an extended period or without interruption.*
- *(of a performer) represent (a part or character) convincingly.*
- *Provide with nourishment.*

- *Bear (the weight of an object) without breaking or falling.*
- *Establish or strengthen as with new evidence or facts.*
- *Undergo or suffer (something unpleasant, especially an injury).*
- *Undergo (as of injuries and illnesses).*



## Synonyms of "Sustain" as a verb (60 Words)

<b><u>affirm</u></b>	To declare or affirm solemnly and formally as true. <i>The referendum <b>affirmed</b> the republic's right to secede.</i>
<b>approve</b>	Judge to be right or commendable; think well of. <i>I <b>approve</b> of his educational policies.</i>
<b>assist</b>	Give help or assistance be of service. <i>Funds to <b>assist</b> with capital investment.</i>
<b>be a source of strength to</b>	Form or compose.
<b>be a tower of strength to</b>	Represent, as of a character on stage.
<b><u>bear</u></b>	Contain or hold; have within. <i><b>Bear</b> a signature.</i>
<b>bolster</b>	Prop up with a pillow or bolster. <i><b>Bolster</b> morale.</i>
<b>bolster up</b>	Support and strengthen.
<b>buoy up</b>	Mark with a buoy.
<b>buttress</b>	Provide a building or structure with buttresses. <i><b>Buttress</b> your thesis.</i>
<b><u>carry</u></b>	Assume or accept (responsibility or blame). <i>The dog was taught to fetch and <b>carry</b>.</i>

<b>carry on</b>	Have as an inherent or characteristic feature or have as a consequence.
<b>cheer up</b>	Give encouragement to.
<b>comfort</b>	Lessen pain or discomfort alleviate. <i>The victim was <b>comforted</b> by friends before being taken to hospital.</i>
<b>confirm</b>	Administer the religious rite of confirmation to. <i>He was <b>confirmed</b> as the new EC peace envoy.</i>
<b><u>conserve</u></b>	Use cautiously and frugally. <i>Children must be taught to <b>conserve</b> our national heritage.</i>
<b>continue</b>	Continue in a place position or situation. <i>The weather <b>continued</b> warm and pleasant.</i>
<b><u>corroborate</u></b>	Support with evidence or authority or make more certain or confirm. <i>The witness had <b>corroborated</b> the boy s account of the attack.</i>
<b>encourage</b>	Contribute to the progress or growth of. <i>His financial success <b>encouraged</b> him to look for a wife.</i>
<b>endorse</b>	Be behind; approve of. <i>His licence was <b>endorsed</b> with five points.</i>
<b><u>endure</u></b>	Remain in existence; last. <i>These cities have <b>endured</b> through time.</i>
<b>experience</b>	Go through mental or physical states or experiences. <i><b>Experience</b> vertigo.</i>
<b><u>extend</u></b>	Stretch out over a distance space time or scope run or extend between two points or beyond a certain point. <i><b>Extend</b> a hand.</i>
<b>get</b>	Take vengeance on or get even. <i>I ll <b>get</b> the door.</i>
<b>give strength to</b>	Cause to happen or be responsible for.
<b>go through</b>	Go through in search of something search through someone s belongings in an unauthorized way.
<b>have</b>	Have left. <i><b>Have</b> throw or make a party.</i>
<b>hearten</b>	Make more cheerful or confident. <i>She was <b>heartened</b> to observe that the effect was faintly comic.</i>
<b>help</b>	Help to some food help with food or drink. <i>I <b>helped</b> her up.</i>

<b>hold</b>	Be capable of holding or containing. <i>They <b>hold</b> that all literature is empty of meaning.</i>
<b>hold up</b>	Secure and keep for possible future use or application.
<u>keep</u>	Cause to continue in a certain state position or activity e.g keep clean. <b>Keep</b> potatoes fresh.
<b>keep alive</b>	Maintain for use and service.
<b>keep going</b>	Store or keep customarily.
<b>keep in existence</b>	Retain rights to.
<b>keep up</b>	Maintain in safety from injury, harm, or danger. Maintain by writing regular records.
<b>maintain</b>	<i>He had persistently <b>maintained</b> that he would not stand against his old friend.</i>
<u>nourish</u>	Give nourishment to. <i>I was doing everything I could to <b>nourish</b> and protect the baby.</i>
<u>nurture</u>	Bring up. <i>For a long time she had <b>nurtured</b> the dream of buying a shop.</i>
<u>perpetuate</u>	Cause to continue or prevail. <i>The confusion was <b>perpetuated</b> through inadvertence.</i>
<u>preserve</u>	Keep in safety and protect from harm, decay, loss, or destruction. <b>Preserve</b> the forest and the lakes.
<u>prolong</u>	Lengthen or extend in duration or space. <i>An idea which <b>prolonged</b> the life of the engine by many years.</i>
<b>prop up</b>	Support by placing against something solid or rigid.
<b>protract</b>	Prolong. <i>He had certainly taken his time even <b>protracting</b> the process.</i>
<b>ratify</b>	Sign or give formal consent to (a treaty, contract, or agreement), making it officially valid. <i>Both countries were due to <b>ratify</b> the treaty by the end of the year.</i>
<u>retain</u>	Secure and keep for possible future use or application. <i>This garment <b>retains</b> its shape even after many washings.</i>
<b>round the clock</b>	Pronounce with rounded lips.
<b>see someone through</b>	Get to know or become aware of, usually accidentally.
<b>shore up</b>	Arrive on shore.

<b>stand</b>	Withstand the force of something. <i>My decision <b>stands</b>.</i>
<b><u>steady</u></b>	Make or become steady. <b>Steady</b> yourself.
<b><u>substantiate</u></b>	Represent in bodily form. <i>Our ideas must be <b>substantiated</b> into actions.</i>
<b>succour</b>	Give assistance or aid to. <i>Prisoners of war were liberated and <b>succoured</b>.</i>
<b>suffer</b>	Undergo or suffer. <i>He <b>suffered</b> a great deal since his arrest.</i>
<b>support</b>	Support with evidence or authority or make more certain or confirm. <i>The studies <b>support</b> our findings.</i>
<b><u>undergo</u></b>	Pass through. <i>The chemical <b>undergoes</b> a sudden change.</i>
<b><u>underpin</u></b>	Support (a building or other structure) from below by laying a solid foundation below ground level or by substituting stronger for weaker materials. <i>The theme of honour <b>underpinning</b> the two books.</i>
<b>uphold</b>	Keep or maintain in unaltered condition; cause to remain or last. <i>They <b>uphold</b> a tradition of not causing distress to living creatures.</i>
<b>validate</b>	Give evidence for. <i>He seems to need other women's attention to <b>validate</b> him as a man.</i>
<b>vindicate</b>	Clear (someone) of blame or suspicion. <b>Vindicate</b> a claim.





## Usage Examples of "Sustain" as a verb

- *He cannot sustain a normal conversation.*
- *This thought had sustained him throughout the years.*
- *He sustained the role of Creon with burly resilience.*
- *His health will no longer enable him to sustain the heavy burdens of office.*
- *She alone sustained her family.*
- *He sagged against her so that she could barely sustain his weight.*
- *He sustained severe head injuries.*
- *The court sustained the motion.*
- *The allegations of discrimination were sustained.*
- *We sustained the diplomatic negotiations as long as possible.*
- *We sustained ourselves on bread and water.*
- *The money will sustain our good cause.*



## Associations of "Sustain" (30 Words)

<b>alive</b>	(often followed by `with') full of life and spirit. <i>She was always <b>alive</b> to new ideas.</i>
<b>alleviation</b>	The act of reducing something unpleasant (as pain or annoyance). <i>Peace security and the <b>alleviation</b> of poverty were high on the agenda.</i>
<b>bear</b>	Contain or hold; have within. <i><b>Bear</b> a resemblance.</i>
<b>bolster</b>	Prop up with a pillow or bolster. <i>They <b>bolstered</b> the seats for a more comfortable ride.</i>
<b>concurrent</b>	Agreeing or consistent. <i>She was given nine months <b>concurrent</b> for each offence.</i>
<b>existence</b>	All that exists. <i>The biggest tree in <b>existence</b>.</i>

<b>farmhouse</b>	House for a farmer and family. <i>A <b>farmhouse</b> kitchen.</i>
<b>hold</b>	Be capable of holding or containing. <i><b>Hold</b> it right there mate.</i>
<b>keep</b>	Store or keep customarily. <i><b>Keep</b> a note of each item.</i>
<b>live</b>	Be alive at a specified time. <i>The club members are a really <b>live</b> bunch.</i>
<b>livelihood</b>	The financial means whereby one lives. <i>People whose <b>livelihoods</b> depend on the rainforest.</i>
<b>maintain</b>	Maintain for use and service. <i><b>Maintain</b> a record.</i>
<b>maintenance</b>	Means of maintenance of a family or group. <i>Unlike champerty criminal <b>maintenance</b> does not necessarily involve personal profit.</i>
<b>meager</b>	Deficient in amount or quality or extent. <i><b>Meager</b> resources.</i>
<b>nourishment</b>	The act of nourishing. <i>She was starved of emotional <b>nourishment</b>.</i>
<b>nutriment</b>	Nourishment; sustenance. <i>The bees reprocess the food and extract the last particle of <b>nutriment</b> from it.</i>
<b>outlast</b>	Live longer than. <i>The kind of beauty that will <b>outlast</b> youth.</i>
<b>outlive</b>	Live through (an experience). <i>The organization had largely <b>outlived</b> its usefulness.</i>
<b>stay</b>	Stay behind. <i><b>Stay</b> alone.</i>
<b>subsist</b>	Support oneself. <i>The peace <b>subsisted</b> between 1303 and 1324.</i>
<b>subsistence</b>	Denoting or relating to production at a level sufficient only for one's own use or consumption, without any surplus for trade. <i>The minimum income needed for <b>subsistence</b>.</i>
<b>support</b>	Support with evidence or authority or make more certain or confirm. <i>The president no longer has the <b>support</b> of his own party.</i>
<b>survive</b>	Support oneself. <i>He <b>survived</b> the cancer against all odds.</i>



- sustainable** Able to be maintained at a certain rate or level.  
*Our fundamental commitment to **sustainable** development.*
- sustenance** The maintaining of someone or something in life or existence.  
*He kept two or three cows for the **sustenance** of his family.*
- uphold** Support against an opponent.  
*They **uphold** a tradition of not causing distress to living creatures.*
- upkeep** The act of sustaining life by food or providing a means of subsistence.  
*We will be responsible for the **upkeep** of the access road.*
- victuals** Any substance that can be used as food.
- withstand** Stand up or offer resistance to somebody or something.  
*The new material **withstands** even the greatest wear and tear.*
- yeoman** A member of the yeomanry force.

