

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

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The synonyms of “Tense” are: taut, stretched tight, tight, rigid, stretched, strained, stiff, anxious, nervous, edgy, stressed, under a strain, under pressure, agitated, ill at ease, unrelaxed, in a state of nerves, in a state of agitation, fretful, uneasy, restless, worked up, keyed up, overwrought, wrought up, strung out, jumpy, fidgety, worried, apprehensive, upset, disturbed, panicky, nerve-racking, stressful, worrying, concerning, fraught, charged, nail-biting, worrisome, difficult, uncomfortable, strain, tense up, tighten, tauten, flex, contract, brace, stiffen

Tense as a Verb

Definitions of "Tense" as a verb

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

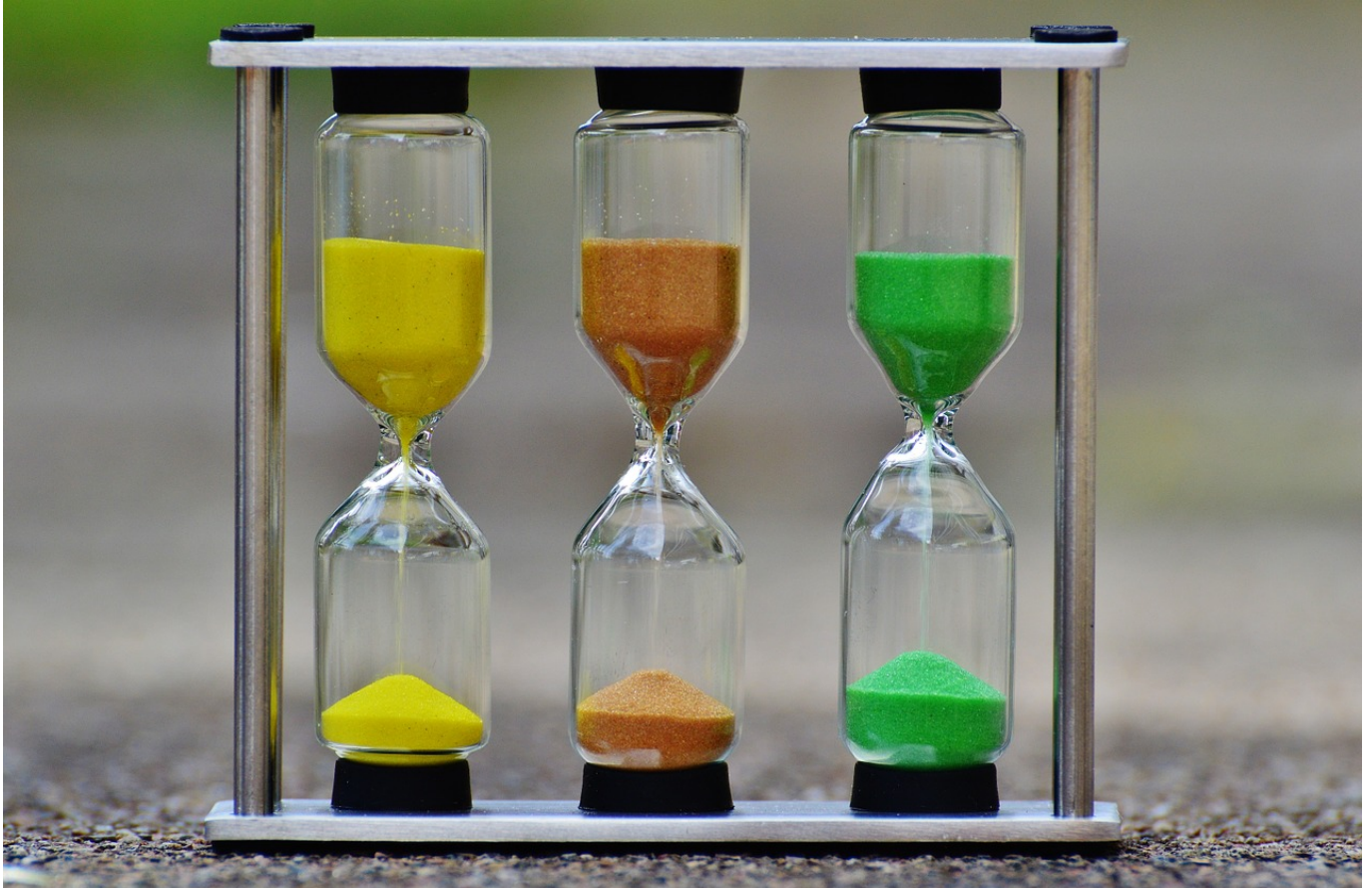
- *Become tense, typically through anxiety or nervousness.*
- *Make (a muscle or one's body) tight or rigid.*
- *Cause to be tense and uneasy or nervous or anxious.*
- *Increase the tension on.*
- *Become tense, nervous, or uneasy.*
- *Become stretched or tense or taut.*



Synonyms of "Tense" as a verb (8 Words)

- brace** Support or hold steady and make steadfast with or as if with a brace.
*He stood with legs **braced**.*
- contract** Enter into a contractual arrangement.
*Plans to encourage people to **contract** out of the pension scheme.*
- flex** Exhibit the strength of.
*The talks were seen as a way for Merkel to **flex** her well known diplomatic prowess.*
- stiffen** Become stiff or stiffer.
*The regime's resistance **stiffened**.*
- strain** Rub through a strainer or process in an electric blender.
*She **strained** the infant to her bosom again.*
- tauten** Become taut or tauter.
***Tauten** a rope.*
- tense up** Become stretched or tense or taut.

tighten Become tight or tighter.
The rope **tightened**.



Usage Examples of "Tense" as a verb

- *He got a phone call from his lawyer that tensed him up.*
- *Alternately relax and tense your calf muscle.*
- *The bodybuilder's neck muscles tensed.*
- *Her body tensed up.*
- *Tense the rope manually before tensing the spring.*
- *He tensed up when he saw his opponent enter the room.*
- *Carefully stretch and then tense your muscles.*



Tense as an Adjective

Definitions of "Tense" as an adjective

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

- *In or of a state of physical or nervous tension.*
- *Pronounced with relatively tense tongue muscles (e.g., the vowel sound in `beat).*
- *Taut or rigid; stretched tight.*
- *(of a speech sound, especially a vowel) pronounced with the vocal muscles stretched tight.*
- *(especially of a muscle) stretched tight or rigid.*
- *Causing or characterized by anxiety and nervousness.*
- *Unable to relax because of nervousness, anxiety, or stimulation.*



Synonyms of "Tense" as an adjective (43 Words)

agitated	Physically disturbed or set in motion. <i>The agitated mixture foamed and bubbled.</i>
anxious	(of a situation or period of time) causing or characterized by worry or nervousness. <i>Spent an anxious night waiting for the test results.</i>
<u>apprehensive</u>	In fear or dread of possible evil or harm. <i>Apprehensive for one's life.</i>
charged	Of a particle or body or system; having a net amount of positive or negative electric charge. <i>The highly charged issue of abortion.</i>
<u>concerning</u>	Causing anxiety; worrying. <i>A concerning breach of security.</i>
difficult	(of a person) not easy to please or satisfy; awkward. <i>Nesting places on the cliffs are difficult of access.</i>

disturbed	Having or resulting from emotional and mental problems. <i>The treatment of disturbed children.</i>
edgy	(of a musical performance or piece of writing) having an intense or sharp quality. <i>He became edgy and defensive.</i>
fidgety	Nervous and unable to relax. <i>I get nervous and fidgety at the dentist.</i>
fraught	Causing or affected by anxiety or stress. <i>Words fraught with meaning.</i>
fretful	Habitually complaining. <i>The baby was crying with a fretful whimper.</i>
ill at ease	Resulting in suffering or adversity.
in a state of agitation	Currently fashionable.
in a state of nerves	Holding office.
jumpy	Being in a tense state. <i>A jumpy pulse.</i>
keyed up	Serving as an essential component.
nail-biting	Characterized by or causing suspense.
nerve-racking	Extremely irritating to the nerves.
nervous	Of or relating to the nervous system. <i>Staying in the house on her own made her nervous.</i>
overwrought	In a state of nervous excitement or anxiety. <i>A pseudo Gothic church far too overwrought for such a small town.</i>
panicky	Thrown into a state of intense fear or desperation. <i>I started to feel panicky and breathless.</i>
restless	Worried and uneasy. <i>A restless night.</i>
rigid	Incapable of adapting or changing to meet circumstances. <i>Rigid bureaucratic controls.</i>
stiff	Powerful. <i>A stiff measure of brandy.</i>
strained	Of a mainly liquid substance having been strained to separate out any solid matter. <i>A strained smile.</i>

stressed	Strengthened by the application of stress during manufacture prestressed. <i>An iambic foot consists of an unstressed syllable followed by a stressed syllable as in delay.</i>
<u>stressful</u>	Causing mental or emotional stress. <i>Corporate finance work can be stressful.</i>
stretched	Extended or spread over a wide area or distance. <i>Broad fields lay stretched on both sides of us.</i>
stretched tight	Extended or spread over a wide area or distance.
strung out	That is on a string.
taut	Stretched or pulled tight; not slack. <i>The fabric stays taut without adhesive.</i>
tight	Of a community or other group of people having close relations tight knit. <i>It was a tight squeeze in the tiny vestibule.</i>
<u>uncomfortable</u>	Providing or experiencing physical discomfort. <i>An uncomfortable way of surprising me just when I felt surest.</i>
under a strain	Lower in rank, power, or authority.
under pressure	Located below or beneath something else.
<u>uneasy</u>	Causing or feeling anxiety; troubled or uncomfortable. <i>An uneasy silence fell on the group.</i>
unrelaxed	Tense. <i>His life was drawing to a close in baffled zeal and unrelaxed strain.</i>
upset	Thrown into a state of disarray or confusion. <i>An upset stomach.</i>
worked up	Open.
worried	Anxious or troubled about actual or potential problems. <i>Not used to a city and worried about small things.</i>
worrisome	Causing distress or worry or anxiety. <i>In a particularly worrisome predicament.</i>
worrying	Causing anxiety about actual or potential problems; alarming. <i>A worrying time.</i>
wrought up	Shaped to fit by or as if by altering the contours of a pliable mass (as by work or effort).



Usage Examples of "Tense" as an adjective

- *Tense piano strings.*
- *He was tense with excitement.*
- *She tried to relax her tense muscles.*
- *Relations between the two neighbouring states were tense.*
- *They waited in tense silence.*



Associations of "Tense" (30 Words)

- apprehensive** Relating to perception or understanding.
Apprehensive about her job.
- aroused** Emotionally aroused.
The aroused opposition.
- complaining** Expressing pain or dissatisfaction or resentment.
A complaining boss.
- constrained** Lacking spontaneity; not natural.
A constrained smile.
- constricted** Especially tense; especially in some dialects.
Constricted air passages.
- cranky** (of a machine) working erratically.
He was cranky after eight hours of working.

defuse	Make (a situation) less tense or dangerous. <i>A scheme that teaches officers how to defuse potentially explosive situations.</i>
excitability	Excessive sensitivity of an organ or body part.
fractious	Unpredictably difficult in operation; likely to be troublesome. <i>Fractious components of a communication system.</i>
fret	Provide a musical instrument with frets. <i>His absence during her times awake began to fret her.</i>
fretful	Feeling or expressing distress or irritation. <i>The baby was crying with a fretful whimper.</i>
harassment	A feeling of intense annoyance caused by being tormented. <i>They face daily harassment and assault on the streets.</i>
harried	Feeling strained as a result of having demands persistently made on one; harassed. <i>Harried detectives answer ringing phones.</i>
irritability	An irritable petulant feeling. <i>Symptoms include insomnia and irritability.</i>
jittery	Nervous or unable to relax. <i>Caffeine makes me jittery.</i>
nervous	Of or relating to the nervous system. <i>Nervous disease.</i>
nervously	With nervous excitement. <i>Kevin nervously glanced at his watch.</i>
nerve	Characterized or produced by apprehension or uncertainty. <i>The nerve feats of mountaineers.</i>
peevish	Easily irritated or annoyed. <i>A thin peevish voice.</i>
petulance	An irritable petulant feeling. <i>A slight degree of petulance had crept into his voice.</i>
petulant	(of a person or their manner) childishly sulky or bad-tempered. <i>A petulant shake of the head.</i>
querulous	Complaining in a rather petulant or whining manner. <i>She became querulous and demanding.</i>
sensitize	Make sensitive to a drug or allergen. <i>The kit sensitizes any 35 mm film in hours.</i>
skittish	(of a person) playfully frivolous or unpredictable. <i>A skittish chestnut mare.</i>

- strained** Of a mainly liquid substance having been strained to separate out any solid matter.
*A **constrained** smile.*
- testy** Easily irritated or annoyed.
*His **testy** disapproving father.*
- troubled** Characterized by unrest or disorder or insubordination.
***Troubled** areas.*
- uneasy** Lacking a sense of security or affording no ease or reassurance.
*Gave an **uneasy** laugh.*
- uptight** Anxious or angry in a tense and overly controlled way.
*He is so **uptight** about everything.*

