

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

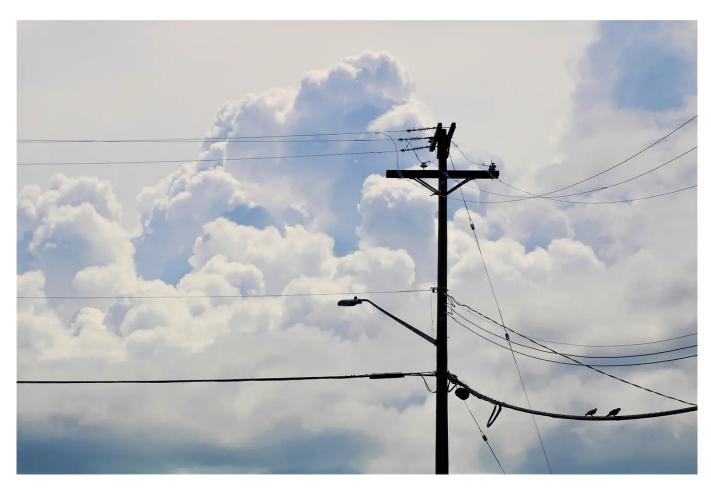
Tense as a Verb

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 **brace**d.

contract

Enter into a contractual arrangement.

Plans to encourage people to **contract** out of the pension scheme.

Exhibit the strength of.

flex 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 **stiffen**ed.

strain Rub through a strainer or process in an electric blender.

She **strain**ed the infant to her bosom again.

tauten Become taut or tauter.

Tauten a rope.

 $\textbf{tense up} \ \ \text{Become stretched or tense or taut}.$



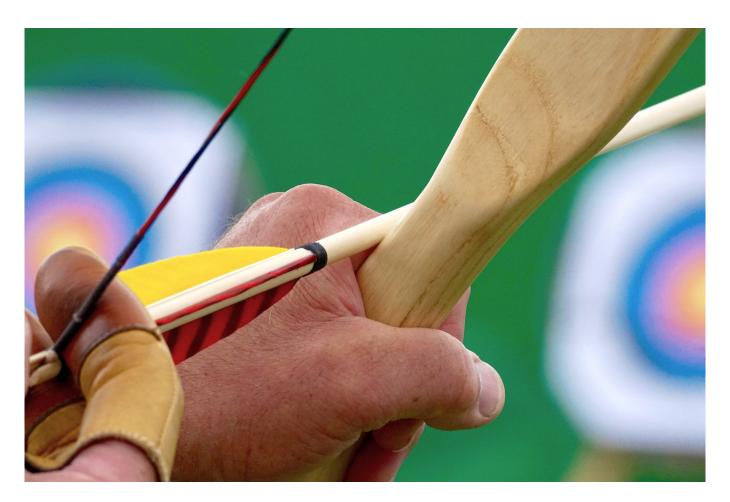
tighten Become tight or tighter. The rope tightened.



Usage Examples of "Tense" as a verb

- \bullet He got a phone call from his lawyer that tensed him up.
- $\bullet \ Alternately \ relax \ and \ tense \ your \ calf \ muscle.$
- The bodybuilder's neck muscles tensed.
- Her body tensed up.
- Tense the rope manually before tensing the spring.
- \bullet 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.



anxious

charged

concerning

apprehensive



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

agitated Physically disturbed or set in motion.

The **agitated** mixture foamed and bubbled.

(of a situation or period of time) causing or characterized by worry

or nervousness.

Spent an **anxious** night waiting for the test results.

In fear or dread of possible evil or harm.

Apprehensive for one s life.

Of a particle or body or system; having a net amount of positive or

negative electric charge.

The highly **charged** issue of abortion.

Causing anxiety; worrying.

A concerning breach of security.

difficult (of a person) not easy to please or satisfy; awkward.

Nesting places on the cliffs are **difficult** of access.



disturbed Having or resulting from emotional and mental problems.

The treatment of **disturbed** children.

(of a musical performance or piece of writing) having an intense or

edgy sharp quality.

He became **edgy** and defensive.

fidgety Nervous and unable to relax.

I get nervous and **fidgety** at the dentist.

fraught Causing or affected by anxiety or stress.

Words **fraught** with meaning.

fretful Habitually complaining.

The baby was crying with a **fretful** whimper.

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.

A jumpy pulse.

keyed up Serving as an essential component.

nail-biting Characterized by or causing suspense.

nerve-racking Extremely irritating to the nerves.

Of or relating to the nervous system.

nervous

Staying in the house on her own made her **nervous**.

In a state of nervous excitement or anxiety.

overwrought A pseudo Gothic church far too **overwrought** for such a small

town.

panickyThrown into a state of intense fear or desperation.

I started to feel **panicky** and breathless.

Worried and uneasy.

A **restless** night.

rigid Incapable of adapting or changing to meet circumstances.

Rigid bureaucratic controls.

stiff Powerful.

restless

A **stiff** measure of brandy.

Of a mainly liquid substance having been strained to separate out

strained any solid matter.

A **strained** smile.



Strengthened by the application of stress during manufacture

prestressed.

stressed
An iambic foot consists of an un**stressed** syllable followed by a

stressed syllable as in delay.

stressful Causing mental or emotional stress.

Corporate finance work can be **stressful**.

stretched Extended or spread over a wide area or distance.

Broad fields lay **stretched** on both sides of us.

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.

The fabric stays **taut** without adhesive.

Of a community or other group of people having close relations

tight tight knit.

It was a **tight** squeeze in the tiny vestibule.

uncomfortable Providing or experiencing physical discomfort.

An **uncomfortable** way of surprising me just when I felt surest.

under a strain Lower in rank, power, or authority.

under pressure Located below or beneath something else.

Causing or feeling anxiety; troubled or uncomfortable.

An **uneasy** silence fell on the group.

Tense.

unrelaxed His life was drawing to a close in baffled zeal and **unrelaxed**

strain.

Thrown into a state of disarray or confusion.

An **upset** stomach.

worked up Open.

worried Anxious or troubled about actual or potential problems.

Not used to a city and **worried** about small things.

worrisome Causing distress or worry or anxiety.

In a particularly **worrisome** predicament.

worrying Causing anxiety about actual or potential problems; alarming.

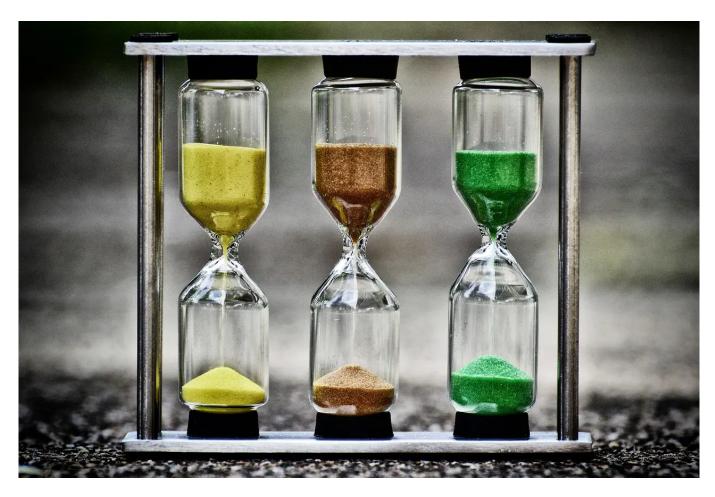
A worrying time.

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.
- ullet Relations between the two neighbouring states were tense.
- They waited in tense silence.





Associations of "Tense" (30 Words)

Relating to perception or understanding. **apprehensive**

Apprehensive about her job.

Emotionally aroused. aroused The **aroused** opposition.

Expressing pain or dissatisfaction of resentment. complaining

A complaining boss.

Lacking spontaneity; not natural. constrained

A constrained smile.

Especially tense; especially in some dialects. constricted

Constricted air passages.

(of a machine) working erratically. cranky

He was **cranky** after eight hours of working.



Make (a situation) less tense or dangerous.

defuse A scheme that teaches officers how to **defuse** potentially explosive

situations.

excitability Excessive sensitivity of an organ or body part.

Unpredictably difficult in operation; likely to be troublesome. fractious

Fractious components of a communication system.

Provide a musical instrument with frets. fret

His absence during her times awake began to **fret** her.

Feeling or expressing distress or irritation. fretful The baby was crying with a **fretful** whimper.

A feeling of intense annoyance caused by being tormented. harassment

They face daily **harassment** and assault on the streets.

Feeling strained as a result of having demands persistently made on one;

harried harassed.

Harried detectives answer ringing phones.

An irritable petulant feeling. irritability

Symptoms include insomnia and irritability.

Nervous or unable to relax. jittery Caffeine makes me **iittery**.

Of or relating to the nervous system. nervous **Nervous** disease.

With nervous excitement. nervously

Kevin **nervously** glanced at his watch.

Characterized or produced by apprehension or uncertainty.

nervy The **nervy** feats of mountaineers.

Easily irritated or annoyed. peevish

A thin **peevish** voice.

An irritable petulant feeling. petulance

A slight degree of **petulance** had crept into his voice.

(of a person or their manner) childishly sulky or bad-tempered. **petulant**

A **petulant** shake of the head.

Complaining in a rather petulant or whining manner. querulous

She became **querulous** and demanding.

Make sensitive to a drug or allergen. sensitize

The kit **sensitize**s any 35 mm film in hours.

(of a person) playfully frivolous or unpredictable. skittish

A **skittish** chestnut mare.



Of a mainly liquid substance having been strained to separate out any solid

strained matter.

A con**strained** smile.

Easily irritated or annoyed. testy His **testy** disapproving father.

Characterized by unrest or disorder or insubordination.

troubled Troubled areas.

Lacking a sense of security or affording no ease or reassurance. uneasy

Gave an **uneasy** laugh.

Anxious or angry in a tense and overly controlled way. <u>uptight</u>

He is so **uptight** about everything.

