

Need another word that means the same as “uptight”? Find 32 synonyms and 30 related words for “uptight” in this overview.

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The synonyms of “Uptight” are: **edgy, high-strung, jittery, jumpy, nervy, overstrung, restive, anxious, disturbed, perturbed, troubled, bothered, distressed, concerned, upset, distraught, worried sick, disquieted, uneasy, ill at ease, fretful, agitated, in a state of agitation, nervous, like a cat on a hot tin roof, tense, overwrought, worked up, keyed up, strung out, stressed, under stress**

## Uptight as an Adjective

### Definitions of "Uptight" as an adjective

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

- *Being in a tense state.*
- *Anxious or angry in a tense and overly controlled way.*

### Synonyms of "Uptight" as an adjective (32 Words)

|                 |  |
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| <b>agitated</b> | Physically disturbed or set in motion.<br><i>She was red and <b>agitated</b> with the effort of arguing.</i>   |
| <b>anxious</b>  | (of a situation or period of time) causing or characterized by worry or nervousness.<br><i>Spent an <b>anxious</b> night waiting for the test results.</i> |
| <b>bothered</b> | Caused to show discomposure.<br><i>I m not particularly <b>bothered</b> about how I look.</i>  |

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| <b>concerned</b>                    | Culpably involved.<br><i>A memorandum to those <b>concerned</b>.</i>  |
| <b>disquieted</b>                   | Afflicted with or marked by anxious uneasiness or trouble or grief.<br><i>Spent many <b>disquieted</b> moments.</i>                                 |
| <b><u>distraught</u></b>            | Very worried and upset.<br><i>He is terribly <b>distraught</b>.</i>   |
| <b>distressed</b>                   | Generalized feeling of distress.<br><i>A <b>distressed</b> leather jacket.</i>  |
| <b>disturbed</b>                    | Having the place or position changed.<br><i>The <b>disturbed</b> books and papers on her desk.</i>  |
| <b><u>edgy</u></b>                  | Tense, nervous, or irritable.<br><i>Their songs combine good music and smart <b>edgy</b> ideas.</i>   |
| <b><u>fretful</u></b>               | Feeling or expressing distress or irritation.<br><i>The baby was crying with a <b>fretful</b> whimper.</i>  |
| <b>high-strung</b>                  | Being in a tense state.   |
| <b>ill at ease</b>                  | Presaging ill fortune- P.B.Shelley.   |
| <b>in a state of agitation</b>      | Holding office.   |
| <b>jittery</b>                      | Being in a tense state.<br><i>Caffeine makes me <b>jittery</b>.</i>   |
| <b>jumpy</b>                        | Being in a tense state.<br><i>A <b>jumpy</b> pulse.</i>   |
| <b>keyed up</b>                     | Serving as an essential component.  |
| <b>like a cat on a hot tin roof</b> | Equal in amount or value.   |
| <b><u>nervous</u></b>               | Of or relating to the nervous system.<br><i><b>Nervous</b> disease.</i>   |
| <b>nervy</b>                        | Bold or impudent.<br><i>A <b>nervy</b> thing to say.</i>  |
| <b>overstrung</b>                   | (of a piano) having strings in sets crossing each other obliquely.<br><i>An <b>overstrung</b> archery bow.</i>                                      |
| <b>overwrought</b>                  | Deeply agitated especially from emotion.<br><i>She was too <b>overwrought</b> to listen to reason.</i>  |
| <b>perturbed</b>                    | Thrown into a state of agitated confusion; (‘rattled’ is an informal term).<br><i>She didn't seem <b>perturbed</b> about the noises around her.</i> |

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| <b>restive</b>         | Being in a tense state.<br><i>The government has done nothing to ease restrictions and manufacturers are growing <b>restive</b>.</i>                                      |
| <b>stressed</b>        | Strengthened by the application of stress during manufacture prestressed.<br><i>He dropped out of the race clearly <b>distressed</b> and having difficulty breathing.</i> |
| <b>strung out</b>      | That is on a string.<br>Pronounced with relatively tense tongue muscles e.g. the vowel sound in beat.<br><i>She tried to relax her <b>tense</b> muscles.</i>              |
| <b><u>troubled</u></b> | Characterized by unrest or disorder or insubordination.<br><i>His <b>troubled</b> private life.</i>   |
| <b>under stress</b>    | Located below or beneath something else.  |
| <b><u>uneasy</u></b>   | Relating to bodily unease that causes discomfort.<br><i>An <b>uneasy</b> coalition government.</i>  |
| <b>upset</b>           | (of a person's stomach) having disturbed digestion, especially because of something eaten.<br><i>The Bills <b>upset</b> victory over the Houston Oilers.</i>              |
| <b>worked up</b>       | Getting higher or more vigorous.  |
| <b>worried sick</b>    | Mentally upset over possible misfortune or danger etc.  |

## Usage Examples of "Uptight" as an adjective

- *He is so uptight about everything.*

## Associations of "Uptight" (30 Words)

|                    |   |
|--------------------|---|
| <b>aroused</b>     | Aroused to action.<br><i>The <b>aroused</b> opposition.</i>   |
| <b>constrained</b> | Lacking spontaneity; not natural.<br><i>A <b>constrained</b> smile.</i>   |
| <b>constricted</b> | Narrowed, especially by encircling pressure.<br><i>People seek an environment where they don't feel <b>constricted</b>.</i>                 |
| <b>defuse</b>      | Make (a situation) less tense or dangerous.<br><i>A scheme that teaches officers how to <b>defuse</b> potentially explosive situations.</i> |

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| <b>dejection</b>    | A state of melancholy depression.<br><i>He was slumped in deep <b>dejection</b>.</i>   |
| <b>excitability</b> | Excessive sensitivity of an organ or body part.  |
| <b>excitable</b>    | Responding too readily to something new or stimulating; easily excited.<br><i>These alkaloids act on nerve cells to make them more <b>excitable</b>.</i> |
| <b>flighty</b>      | Guided by whim and fancy.<br><i><b>Flighty</b> young girls.</i>  |
| <b>fret</b>         | Provide a musical instrument with frets.<br><i>There was a simple <b>fret</b> at the top of the walls.</i>   |
| <b>fretful</b>      | Nervous and unable to relax.<br><i>The baby was crying with a <b>fretful</b> whimper.</i>  |
| <b>irritability</b> | An irritable petulant feeling.<br><i>Symptoms include insomnia and <b>irritability</b>.</i>  |
| <b>jittery</b>      | Being in a tense state.<br><i>Caffeine makes me <b>jittery</b>.</i>  |
| <b>nervous</b>      | Of or relating to the nervous system.<br><i>He s <b>nervous</b> of speaking in public.</i>   |
| <b>nervously</b>    | With nervous excitement.<br><i>Kevin <b>nervously</b> glanced at his watch.</i>  |
| <b>nervy</b>        | Bold or impudent.<br><i>It was kind of <b>nervy</b> for Billy to be telling him how to play.</i>   |
| <b>paralyze</b>     | Cause to be paralyzed and immobile.<br><i>The poison <b>paralyzed</b> him.</i>   |
| <b>peevish</b>      | Having or showing an irritable disposition.<br><i>A thin <b>peevish</b> voice.</i>   |
| <b>petulance</b>    | The quality of being childishly sulky or bad-tempered.<br><i>A slight degree of <b>petulance</b> had crept into his voice.</i>                           |
| <b>querulous</b>    | Habitually complaining.<br><i>She became <b>querulous</b> and demanding.</i>   |
| <b>restlessly</b>   | In a restless manner.  |
| <b>sensitize</b>    | Make sensitive to a drug or allergen.<br><i>He was not <b>sensitized</b> to her emotional needs.</i>   |
| <b>skittish</b>     | Unpredictably excitable (especially of horses).<br><i><b>Skittish</b> investors withdrew their money from equity markets.</i>                            |
| <b>strained</b>     | Of a mainly liquid substance having been strained to separate out any solid matter.<br><i>Her voice was <b>strained</b> as she asked the question.</i>   |

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| <b>stressed</b>   | Strengthened by the application of stress during manufacture prestressed.<br><i>Elision after a <b>stressed</b> syllable.</i>                                |
| <b>temper</b>     | Make more temperate acceptable or suitable by adding something else moderate.<br><i>The display is a single sheet of glass <b>tempered</b> for strength.</i> |
| <b>tense</b>      | Become stretched or tense or taut.<br><i><b>Tense</b> piano strings.</i>   |
| <b>troubled</b>   | Beset by problems or difficulties.<br><i>These <b>troubled</b> areas.</i>  |
| <b>uneasy</b>     | Lacking a sense of security or affording no ease or reassurance.<br><i>An <b>uneasy</b> silence fell on the group.</i>                                       |
| <b>volatility</b> | The property of changing readily from a solid or liquid to a vapor.<br><i>A week of historic stock market <b>volatility</b>.</i>                             |