

# CLENCH

*Meaning: To clench means to tightly close or grip something, often in response to strong emotions such as frustration or anger.*

1. She felt her jaw clench in frustration as the meeting dragged on.
2. He had to clench his fists to keep his anger in check during the heated debate.
3. As the storm approached, she could feel her stomach clench with anxiety.
4. In a moment of fear, he instinctively clenched his eyes shut, hoping for the best.
5. The climber had to clench the rock face tightly to avoid slipping off the ledge.

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*Source: [sentences.whatistheurl.com](https://sentences.whatistheurl.com)*

*<https://sentences.whatistheurl.com/sentence/clench>*