The word of the week is

 CRINGE

Cringe means: to shrink back in fear or distaste

**Used in a sentence:**

Many English teachers cringe when they hear their students use the word ‘ain’t.”

Just the thought of broccoli makes me cringe.

I could never be a doctor because I cringe at the sight of blood.

I tried to ignore the girl’s wretched rudeness, but my cringe gave me away.