

Need another word that means the same as “anguish”? Find 23 synonyms and 30 related words for “anguish” in this overview.

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The synonyms of “Anguish” are: torment, torture, agony, pain, suffering, distress, angst, misery, sorrow, grief, heartache, heartbreak, wretchedness, unhappiness, woe, desolation, despair, hurt, agonized, racked with pain, racked with suffering, tortured

Anguish as a Noun

Definitions of "Anguish" as a noun

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

- *Extreme distress of body or mind.*
- *Severe mental or physical pain or suffering.*
- *Extreme mental distress.*



Synonyms of "Anguish" as a noun (17 Words)

agony	The final stages of a difficult or painful death. <i>His last agony.</i>
angst	A feeling of persistent worry about something trivial. <i>My hair causes me angst.</i>
desolation	Great unhappiness or loneliness. <i>In choked desolation she watched him leave.</i>
despair	A state in which all hope is lost or absent. <i>In the depths of despair.</i>
distress	Psychological suffering. <i>She was the classic maiden in distress.</i>
grief	Intense sorrow caused by loss of a loved one (especially by death). <i>She was overcome with grief.</i>
heartache	Intense sorrow caused by loss of a loved one (especially by death). <i>The familiar pang of heartache.</i>
heartbreak	Intense sorrow caused by loss of a loved one (especially by death). <i>An unforgettable tale of joy and heartbreak.</i>
misery	A state or feeling of great physical or mental distress or discomfort. <i>A man who had brought her nothing but misery.</i>
pain	Emotional distress; a fundamental feeling that people try to avoid. <i>It is not a huge problem just a bit of a pain.</i>
sorrow	An event or circumstance that causes sorrow. <i>He tried to express his sorrow at her loss.</i>
suffering	Psychological suffering. <i>Weapons that cause unnecessary suffering.</i>
torment	A feeling of intense annoyance caused by being tormented. <i>The torments of the damned.</i>
torture	The deliberate, systematic, or wanton infliction of physical or mental suffering by one or more persons in an attempt to force another person to yield information or to make a confession or for any other reason. <i>The torture of political prisoners.</i>
unhappiness	The feeling of not being happy; sadness. <i>I've seen too much unhappiness caused by broken marriages.</i>
woe	Intense mournfulness. <i>The Everton tale of woe continued.</i>

wretchedness The character of being uncomfortable and unpleasant.
*He has compiled a record second to none in its **wretchedness**.*



Usage Examples of "Anguish" as a noun

- *She shut her eyes in anguish.*
- *Philip gave a cry of anguish.*



Anguish as a Verb

Definitions of "Anguish" as a verb

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

- *Cause emotional anguish or make miserable.*
- *Be extremely distressed about something.*

- *Suffer great pains or distress.*



Synonyms of "Anguish" as a verb (6 Words)

agonized

Cause to agonize.

hurt

Hurt the feelings of.
*My back **hurts**.*

pain

Cause mental or physical pain to.
*It **pains** me to see my children not being taught well in school.*

racked with pain

Put on a rack and pinion.

racked with suffering

Work on a rack.

tortured

Subject to torture.



Usage Examples of "Anguish" as a verb

- *I spent the next two weeks anguishing about whether I'd made the right decision.*



Associations of "Anguish" (30 Words)

affliction	A state of great suffering and distress due to adversity. <i>A crippling affliction of the nervous system.</i>
agony	Intense feelings of suffering; acute mental or physical pain. <i>An agony of doubt.</i>
annoyed	Aroused to impatience or anger. <i>Kelly was annoyed with him.</i>
anxiety	A vague unpleasant emotion that is experienced in anticipation of some (usually ill-defined) misfortune. <i>He felt a surge of anxiety.</i>
dejection	A sad and depressed state; low spirits. <i>He was slumped in deep dejection.</i>
depression	A state of depression and anhedonia so severe as to require clinical intervention. <i>She was referred by a psychiatrist treating her for depression.</i>
disappoint	Fail to fulfil the hopes or expectations of. <i>The governing coalition had bitterly disappointed the hopes of its voters.</i>
disappointment	A person or thing that causes disappointment. <i>To her disappointment there was no chance to talk privately with Luke.</i>
distraught	Deeply agitated especially from emotion. <i>He is terribly distraught.</i>
distress	Bring into difficulties or distress especially financial hardship. <i>The manner in which leather jackets are industrially distressed.</i>
distressed	Impoverished. <i>I was distressed at the news of his death.</i>
dolor	(poetry) painful grief.
fretful	Nervous and unable to relax. <i>The baby was crying with a fretful whimper.</i>
grief	An instance or cause of intense sorrow. <i>Her death was a great grief to John.</i>
heaviness	A feeling of being weighed down, especially by weariness. <i>The heaviness of the dark wood panelling.</i>
miserable	Contemptible (used as a term of abuse or for emphasis). <i>You miserable skunk.</i>

<u>misery</u>	A cause or source of great distress or discomfort. <i>She was exhausted by her misery and grief.</i>
sadness	The quality of excessive mournfulness and uncheerfulness. <i>It is one of life's sadnesses.</i>
<u>sorrow</u>	An event or circumstance that causes sorrow. <i>A woman had cried all night sorrowing over the death of her husband.</i>
stressed	Strengthened by the application of stress during manufacture prestressed. <i>He dropped out of the race clearly distressed and having difficulty breathing.</i>
suffering	Psychological suffering. <i>A message of hope for suffering humanity.</i>
<u>throb</u>	A deep pulsating type of pain. <i>My head is throbbing.</i>
<u>throes</u>	Intense or violent pain and struggle, especially accompanying birth, death, or great change. <i>Death throes.</i>
torment	A feeling of intense annoyance caused by being tormented. <i>He was tormented by jealousy.</i>
<u>troubled</u>	Characterized by or indicative of distress or affliction or danger or need. <i>Fell into a troubled sleep.</i>
uneasiness	Inability to rest or relax or be still. <i>The media often express a general uneasiness with animal research.</i>
upset	The act of upsetting something. <i>An upset stomach.</i>
woe	Misery resulting from affliction. <i>To add to his woes customers have been spending less.</i>
worried	Afflicted with or marked by anxious uneasiness or trouble or grief. <i>Worried parents.</i>
wretchedness	The character of being uncomfortable and unpleasant. <i>The grey wretchedness of the rain.</i>

