

Need another word that means the same as “frustrated”? Find 26 synonyms and 30 related words for “frustrated” in this overview.

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**The synonyms of “Frustrated” are: defeated, disappointed, discomfited, foiled, thwarted, upset, disheartened, downhearted, downcast, depressed, dispirited, discouraged, despondent, dismayed, crestfallen, distressed, chagrined, discontented, malcontent, unsatisfied, disaffected, disquieted, unhappy, lovesick, unrequited in love, crossed in love**

## **Frustrated as an Adjective**

### **Definitions of "Frustrated" as an adjective**

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

- *Disappointingly unsuccessful.*
- *Feeling or expressing distress and annoyance resulting from an inability to change or achieve something.*
- *Unfulfilled sexually.*
- *Prevented from progressing, succeeding, or being fulfilled.*
- *(of a person) unable to follow or be successful in a particular career.*



## Synonyms of "Frustrated" as an adjective (26 Words)

<b>chagrined</b>	Feeling or caused to feel ill at ease or self-conscious or ashamed. <i><b>Chagrined</b> at the poor sales of his book.</i>
<b>crestfallen</b>	Sad and disappointed. <i>He came back empty handed and <b>crestfallen</b>.</i>
<b>crossed in love</b>	Directed or bound inward.
<b>defeated</b>	Demoralized and overcome by adversity. <i>She looked <b>defeated</b> quite unlike her normal self.</i>
<b>depressed</b>	Lower than previously. <i>A <b>depressed</b> fracture of the skull.</i>
<b>despondent</b>	In low spirits from loss of hope or courage. <i>She grew more and more <b>despondent</b>.</i>
<b>disaffected</b>	Discontented as toward authority. <i>A military plot by <b>disaffected</b> elements in the army.</i>

<b>disappointed</b>	Sad or displeased because someone or something has failed to fulfil one's hopes or expectations. <i>The rising was a revolution of <b>disappointed</b> hopes.</i>
<b>discomfited</b>	Disappointingly unsuccessful.
<b>discontented</b>	Dissatisfied, especially with one's circumstances. <i>Was <b>discontented</b> with his position.</i>
<b><u>discouraged</u></b>	Made less hopeful or enthusiastic. <i>The accident left others <b>discouraged</b> about going there.</i>
<b><u>disheartened</u></b>	Having lost determination or confidence; dispirited. <i>The <b>disheartened</b> instructor tried vainly to arouse their interest.</i>
<b><u>dismayed</u></b>	Struck with fear, dread, or consternation.
<b>dispirited</b>	Having lost enthusiasm and hope; disheartened. <i>A <b>dispirited</b> and divided Party.</i>
<b>disquieted</b>	Afflicted with or marked by anxious uneasiness or trouble or grief. <i>Spent many <b>disquieted</b> moments.</i>
<b>distressed</b>	Generalized feeling of distress. <i>A <b>distressed</b> leather jacket.</i>
<b>downcast</b>	Directed downward. <i><b>Downcast</b> after his defeat.</i>
<b>downhearted</b>	Discouraged; in low spirits. <i>Feeling discouraged and <b>downhearted</b>.</i>
<b>foiled</b>	Disappointingly unsuccessful. <i>Their <b>foiled</b> attempt to capture Calais.</i>
<b>lovesick</b>	In love, or missing the person one loves, so much that one is unable to act normally. <i>Strong men behaving like <b>lovesick</b> boys.</i>
<b>malcontent</b>	Discontented as toward authority. <i>The <b>malcontent</b> generals saw their role as leaders of this counter revolution.</i>
<b>thwarted</b>	Disappointingly unsuccessful. <i>His best efforts were <b>thwarted</b>.</i>
<b>unhappy</b>	Generalized feeling of distress. <i>The <b>unhappy</b> or sad news.</i>
<b>unrequited in love</b>	Not returned in kind.
<b><u>unsatisfied</u></b>	Worried and uneasy. <i>The compromise left all sides <b>unsatisfied</b>.</i>

**upset**

Mildly physically distressed.  
The **upset** pitcher of milk.



## Usage Examples of "Frustrated" as an adjective

- *Young people get frustrated with the system.*
- *Many frustrated poets end as pipe-smoking teachers.*
- *Jealousies and frustrated passions.*
- *A frustrated actor.*
- *Years of frustrated attempts to regain control of the site.*





## Associations of "Frustrated" (30 Words)

- angry** Feeling or showing strong annoyance, displeasure, or hostility; full of anger.  
*Christine had made him **angry**.*
- bereft** (of a person) sad and lonely, especially through someone's death or departure.  
*His death in 1990 left her **bereft**.*
- bitterly** Extremely and sharply.  
*He was **bitterly** opposed by the majority shareholder.*
- crestfallen** Brought low in spirit.  
*He came back empty handed and **crestfallen**.*
- crying** Shedding tears.  
*The **crying** of a child was heard.*

<b>debacle</b>	A sudden and ignominious failure; a fiasco. <i>The only man to reach double figures in the second innings <b>debacle</b>.</i>
<b>defeated</b>	People who are defeated. <i>She looked <b>defeated</b> quite unlike her normal self.</i>
<b>dejected</b>	Sad and depressed; dispirited. <i>Is <b>dejected</b> but trying to look cheerful.</i>
<b>despair</b>	The feeling that everything is wrong and nothing will turn out well. <i>They moaned in <b>despair</b> and dismay.</i>
<b>despondent</b>	In low spirits from loss of hope or courage. <i><b>Despondent</b> about his failure.</i>
<b>disappointed</b>	Disappointingly unsuccessful. <i>Thousands of <b>disappointed</b> customers were kept waiting.</i>
<b>disappointing</b>	Failing to fulfil someone's hopes or expectations. <i>The team made a <b>disappointing</b> start.</i>
<b>disillusioned</b>	Freed from illusion. <i>The minority groups were completely <b>disillusioned</b> with the party.</i>
<b>failure</b>	A lack or deficiency of a desirable quality. <i>That year there was a crop <b>failure</b>.</i>
<b>foiled</b>	Disappointingly unsuccessful. <i>Their <b>foiled</b> attempt to capture Calais.</i>
<b>frustrating</b>	Causing annoyance or upset because of an inability to change or achieve something. <i>It can be very <b>frustrating</b> to find that the size you want isn't there.</i>
<b>frustration</b>	The feeling that accompanies an experience of being thwarted in attaining your goals. <i>Tears of <b>frustration</b> rolled down her cheeks.</i>
<b>heartsick</b>	Very despondent, typically from grief or loss of love. <i>Weary and <b>heartsick</b> she forced herself to search throughout the remains of the village.</i>
<b>mischance</b>	An unlucky occurrence. <i>By pure <b>mischance</b> the secret was revealed.</i>
<b>mood</b>	A characteristic (habitual or relatively temporary) state of feeling. <i>He appeared to be in a very good <b>mood</b> about something.</i>
<b>pathetic</b>	Inspiring scornful pity- Dashiell Hammett. <i>She looked so <b>pathetic</b> that I bent down to comfort her.</i>
<b>sad</b>	Of things that make you feel sad. <i>Feeling <b>sad</b> because his dog had died.</i>

- unfortunate** Not auspicious; boding ill.  
*An **unfortunate** choice of words.*
- unfulfilled** Of persons; marked by failure to realize full potentialities.  
*It was his **unfulfilled** ambition to write.*
- unhappy** Unfortunate.  
***Unhappy** caravans straggling afoot through swamps and canebrakes.*
- unlucky** Having, bringing, or resulting from bad luck.  
*Friday the 13th is an **unlucky** date.*
- unsatisfied** Not having been satisfied.  
*The compromise left all sides **unsatisfied**.*
- unsuccessful** Not successful.  
*An **unsuccessful** attempt to enter Parliament.*
- weep** A fit or period of weeping.  
*Sit down and have a **weep**.*
- wretched** Characterized by physical misery.  
*A **wretched** life.*

