

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)

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

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

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

