

Need another word that means the same as “frustration”? Find 21 synonyms and 30 related words for “frustration” in this overview.

Table Of Contents:

- [Frustration as a Noun](#)
- [Definitions of "Frustration" as a noun](#)
- [Synonyms of "Frustration" as a noun \(21 Words\)](#)
- [Usage Examples of "Frustration" as a noun](#)
- [Associations of "Frustration" \(30 Words\)](#)

**The synonyms of “Frustration” are: foiling, thwarting, defeat, exasperation, annoyance, anger, vexation, irritation, bitterness, resentment, blocking, stopping, countering, spoiling, checking, balking, circumvention, forestalling, dashing, scotching, crushing**

## **Frustration as a Noun**

### **Definitions of "Frustration" as a noun**

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

- *A feeling of annoyance at being hindered or criticized.*
- *An act of hindering someone's plans or efforts.*
- *The prevention of the progress, success, or fulfilment of something.*
- *The feeling of being upset or annoyed as a result of being unable to change or achieve something.*
- *An event or circumstance that causes one to feel frustrated.*
- *The feeling that accompanies an experience of being thwarted in attaining your goals.*



## Synonyms of "Frustration" as a noun (21 Words)

<b>anger</b>	The state of being angry. <i>Venting his <b>anger</b> had calmed him a little.</i>
<b>annoyance</b>	Anger produced by some annoying irritation. <i>He turned his charm on Tara much to Hegarty's <b>annoyance</b>.</i>
<b>balking</b>	Something immaterial that interferes with or delays action or progress.
<b>bitterness</b>	Sharpness of taste; lack of sweetness. <i>He expressed <b>bitterness</b> over his dismissal without notice.</i>
<b>blocking</b>	The action or fact of blocking or obstructing someone or something. <i>The issue led to the disruption of classes and the <b>blocking</b> of the Kakata highway by angry students.</i>
<b>checking</b>	The state of inactivity following an interruption.
<b>circumvention</b>	The act of evading by going around. <i><b>Circumvention</b> of the rules undermines any fairness.</i>

<b>countering</b>	A calculator that keeps a record of the number of times something happens.
<b>crushing</b>	Forceful prevention; putting down by power or authority.
<b>dashing</b>	The act of moving with great haste.
<b>defeat</b>	An instance of defeating or being defeated. <i>She had still not quite admitted <b>defeat</b>.</i>
<b><u>exasperation</u></b>	An exasperated feeling of annoyance. <i>She rolled her eyes in <b>exasperation</b>.</i>
<b>foiling</b>	Picture consisting of a positive photograph or drawing on a transparent base; viewed with a projector.
<b>forestalling</b>	The act of preventing something by anticipating and disposing of it effectively.
<b><u>irritation</u></b>	The stimulation of an organism, cell, or organ to produce an active response. <i>The minor <b>irritations</b> of life.</i>
<b>resentment</b>	A feeling of deep and bitter anger and ill-will. <i>Some people harbour <b>resentments</b> going back many years.</i>
<b>scotching</b>	A slight surface cut (especially a notch that is made to keep a tally).
<b>spoiling</b>	The act of spoiling something by causing damage to it. <i>Her <b>spoiling</b> my dress was deliberate.</i>
<b>stopping</b>	A filling for a tooth. <i>The violinist's <b>stopping</b> was excellent.</i>
<b>thwarting</b>	A crosspiece spreading the gunnels of a boat; used as a seat in a rowboat.
<b><u>vexation</u></b>	A cause of annoyance, frustration, or worry. <i>Jenna bit her lip in <b>vexation</b>.</i>



## **Usage Examples of "Frustration" as a noun**

- *The frustration of their wishes.*
- *The inherent frustrations of assembly line work.*
- *Tears of frustration rolled down her cheeks.*
- *Her constant complaints were the main source of his frustration.*



## Associations of "Frustration" (30 Words)

**acerbity**

A rough and bitter manner.  
*Their relationship was built on a certain mutual **acerbity**.*

**alarming**

Frightening because of an awareness of danger.  
*Our countryside is disappearing at an **alarming** rate.*

**angst**

A feeling of persistent worry about something trivial.  
*The existential **angst** of the middle classes.*

<b>consternation</b>	Fear resulting from the awareness of danger. <i>To her <b>consternation</b> her car wouldn't start.</i>
<b>defeat</b>	An instance of defeating or being defeated. <i>Garibaldi <b>defeated</b> the Neapolitan army.</i>
<b>defeated</b>	People who are defeated. <i>She looked <b>defeated</b> quite unlike her normal self.</i>
<u><b>dejection</b></u>	A state of melancholy depression. <i>He was slumped in deep <b>dejection</b>.</i>
<b>despair</b>	The complete loss or absence of hope. <i>One harsh word would send her into the depths of <b>despair</b>.</i>
<u><b>desperately</b></u>	With great urgency. <i>The soil <b>desperately</b> needed potash.</i>
<u><b>desperation</b></u>	A state in which all hope is lost or absent. <i>She wrote to him in <b>desperation</b>.</i>
<b>despond</b>	Become dejected and lose confidence. <i>I thought it right not to let my young lady <b>despond</b>.</i>
<b>despondency</b>	Feeling downcast and disheartened and hopeless. <i>An air of <b>despondency</b>.</i>
<b>disappoint</b>	Fail to meet the hopes or expectations of. <i>I have no wish to <b>disappoint</b> everyone by postponing the visit.</i>
<u><b>disappointment</b></u>	A person or thing that causes disappointment. <i>His hopes were so high he was doomed to <b>disappointment</b>.</i>
<u><b>discouragement</b></u>	An attempt to prevent something by showing disapproval or creating difficulties; deterrent. <i>The <b>discouragement</b> of petty theft.</i>
<b>dismay</b>	The feeling of despair in the face of obstacles. <i>To his <b>dismay</b> she left him.</i>
<b>failure</b>	The neglect or omission of expected or required action. <i>He felt that his entire life had been a <b>failure</b>.</i>
<u><b>frustrated</b></u>	(of a person) unable to follow or be successful in a particular career. <i>Years of <b>frustrated</b> attempts to regain control of the site.</i>
<b>gloom</b>	Be or look depressed or despondent. <i>He strained his eyes peering into the <b>gloom</b>.</i>
<u><b>grief</b></u>	Intense sorrow, especially caused by someone's death. <i>She was overcome with <b>grief</b>.</i>

<b>heartache</b>	Emotional anguish or grief, typically caused by the loss or absence of someone loved. <i>A good friend understands your <b>heartaches</b> as well as your joys.</i>
<b>heaviness</b>	Lack of delicacy or grace; coarseness. <i>He felt the <b>heaviness</b> of loss as he watched her go.</i>
<u>horrificing</u>	Provoking horror. <i>A <b>horrificing</b> incident.</i>
<u>melancholy</u>	A humor that was once believed to be secreted by the kidneys or spleen and to cause sadness and melancholy. <i>He had an ability to convey a sense of deep <b>melancholy</b> and yearning through much of his work.</i>
<u>miserable</u>	Deserving or inciting pity. <i>Horribly wet and <b>miserable</b> conditions.</i>
<b>mourning</b>	The expression of sorrow for someone's death. <i>She s still in <b>mourning</b> after the death of her husband.</i>
<b>sad</b>	Of things that make you feel sad. <i>When I am dead my dearest Sing no <b>sad</b> songs for me.</i>
<b>sadness</b>	Emotions experienced when not in a state of well-being. <i>It is one of life s <b>sadnesses</b>.</i>
<b>slough</b>	Any outer covering that can be shed or cast off (such as the cast-off skin of a snake). <i>The economic <b>slough</b> of the interwar years.</i>
<u>sorrow</u>	An event or circumstance that causes sorrow. <i>A bereaved person needs time to work through their <b>sorrow</b>.</i>

