

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

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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)

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

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

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

heartache	Emotional anguish or grief, typically caused by the loss or absence of someone loved. <i>A good friend understands your heartaches as well as your joys.</i>
heaviness	Lack of delicacy or grace; coarseness. <i>He felt the heaviness of loss as he watched her go.</i>
<u>horrifying</u>	Provoking horror. <i>A horrifying 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 melancholy and yearning through much of his work.</i>
<u>miserable</u>	Deserving or inciting pity. <i>Horribly wet and miserable conditions.</i>
mourning	The expression of sorrow for someone's death. <i>She s still in mourning after the death of her husband.</i>
sad	Of things that make you feel sad. <i>When I am dead my dearest Sing no sad songs for me.</i>
sadness	Emotions experienced when not in a state of well-being. <i>It is one of life s sadnesses.</i>
slough	Any outer covering that can be shed or cast off (such as the cast-off skin of a snake). <i>The economic slough 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 sorrow.</i>

