

Need another word that means the same as “heartbreaking”? Find 12 synonyms for “heartbreaking” in this overview.

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**The synonyms of “Heartbreaking” are: grievous, heartrending, distressing, upsetting, disturbing, sad, tragic, painful, traumatic, agonizing, harrowing, excruciating**

## Heartbreaking as an Adjective

### Definitions of "Heartbreaking" as an adjective

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

- *Causing overwhelming distress; very upsetting.*
- *Causing or marked by grief or anguish.*



## Synonyms of "Heartbreaking" as an adjective (12 Words)

- agonizing** Extremely painful.  
*There is an **agonizing** choice to make.*
- distressing** Causing distress or worry or anxiety.  
***Distressing** or disturbing news.*
- disturbing** Causing anxiety; worrying.  
***Disturbing** unemployment figures.*
- excruciating** Very embarrassing, awkward, or tedious.  
***Excruciating** back pain.*
- grievous** Of great gravity or crucial import; requiring serious thought.  
*His death was a **grievous** blow.*
- harrowing** Acutely distressing.  
*It was a **harrowing** experience.*

- heartrending** Causing or marked by grief or anguish.  
*The **heartrending** words of Rabin s granddaughter.*
- painful** Causing physical or psychological pain.  
*Her ankle was very **painful**.*
- sad** Of things that make you feel sad Christina Rossetti.  
*She doesn t like **sad** movies.*
- tragic** Very sad; especially involving grief or death or destruction.  
*The **tragic** parents reached the end of their tether.*
- traumatic** Deeply disturbing or distressing.  
*She was going through a **traumatic** divorce.*
- upsetting** Causing an emotional disturbance.  
*A painful and **upsetting** divorce.*



## Usage Examples of "Heartbreaking" as an adjective

- *Her sigh was heartbreaking.*
- *It would be heartbreaking to see it all collapse.*

