

Need another word that means the same as “troubled”? Find 20 synonyms and 30 related words for “troubled” in this overview.

Table Of Contents:

- [Troubled as an Adjective](#)
- [Definitions of "Troubled" as an adjective](#)
- [Synonyms of "Troubled" as an adjective \(20 Words\)](#)
- [Usage Examples of "Troubled" as an adjective](#)
- [Associations of "Troubled" \(30 Words\)](#)

**The synonyms of “Troubled” are: disruptive, riotous, tumultuous, turbulent, difficult, problematic, full of problems, unsettled, hard, tough, stressful, dark, anxious, worried, concerned, perturbed, disturbed, bothered, ill at ease, uneasy**

## Troubled as an Adjective

### Definitions of "Troubled" as an adjective

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

- *Showing distress or anxiety.*
- *Characterized by or indicative of distress or affliction or danger or need.*
- *Beset by problems or difficulties.*
- *Characterized by unrest or disorder or insubordination.*



## Synonyms of "Troubled" as an adjective (20 Words)

<b>anxious</b>	(of a situation or period of time) causing or characterized by worry or nervousness. <i>Cast <b>anxious</b> glances behind her.</i>
<b>bothered</b>	Caused to show discomposure. <i>He was trying to play it cool and not look <b>bothered</b>.</i>
<b>concerned</b>	Involved in or affected by or having a claim to or share in. <i><b>Concerned</b> parents of youthful offenders.</i>
<b>dark</b>	Having a dark hue. <i><b>Dark</b> eyes.</i>
<b>difficult</b>	Characterized by or causing hardships or problems. <i>A <b>difficult</b> child.</i>
<b>disruptive</b>	Causing or tending to cause disruption. <i><b>Disruptive</b> pupils.</i>
<b>disturbed</b>	Having the place or position changed. <i><b>Disturbed</b> grass showed where the horse had passed.</i>
<b>full of problems</b>	Having marked deepness and body.
<b>hard</b>	Unfortunate or hard to bear. <i><b>Hard</b> liquor.</i>
<b>ill at ease</b>	Affected by an impairment of normal physical or mental function.
<b>perturbed</b>	Feeling anxiety or concern; unsettled. <i>She didn't seem <b>perturbed</b> about the noises around her.</i>
<b>problematic</b>	Open to doubt or debate. <i>If you ever get married which seems to be extremely <b>problematic</b>.</i>
<b>riotous</b>	Having a vivid, varied appearance. <i>A <b>riotous</b> display of bright red green and yellow vegetables.</i>
<b><u>stressful</u></b>	Extremely irritating to the nerves. <i>Corporate finance work can be <b>stressful</b>.</i>
<b><u>tough</u></b>	Physically toughened. <i><b>Tough</b> street gangs.</i>
<b>tumultuous</b>	Making an uproar or loud, confused noise. <i>The <b>tumultuous</b> years of his administration.</i>
<b><u>turbulent</u></b>	Characterized by conflict, disorder, or confusion; not stable or calm. <i>Her <b>turbulent</b> emotions.</i>
<b><u>uneasy</u></b>	Causing or feeling anxiety; troubled or uncomfortable. <i>Gave an <b>uneasy</b> laugh.</i>

<b>unsettled</b>	Not settled or established. <i>An <b>unsettled</b> childhood.</i>
<b>worried</b>	Anxious or troubled about actual or potential problems. <i><b>Worried</b> parents.</i>



### Usage Examples of "Troubled" as an adjective

- *A troubled expression.*
- *His troubled face.*
- *Fell into a troubled sleep.*
- *These troubled areas.*
- *Troubled areas.*
- *Troubled teenagers.*
- *His troubled private life.*





## Associations of "Troubled" (30 Words)

- absorbed** (of energy or a liquid or other substance) taken in or soaked up.  
*The **absorbed** light intensity.*
- anguished** Experiencing intense pain especially mental pain.  
*An **anguished** conscience.*
- annoyed** Aroused to impatience or anger.  
*Kelly was **annoyed** with him.*
- anxiety** Strong desire or concern to do something or for something to happen.  
*The housekeeper's eager **anxiety** to please.*
- anxious** (of a situation or period of time) causing or characterized by worry or nervousness.  
*My parents were **anxious** that I get an education.*
- apprehensive** Quick to understand- Nathaniel Hawthorne.  
***Apprehensive** for one's life.*
- bother** (of a circumstance or event) worry, disturb, or upset (someone).  
*The mere thought of her **bothered** him and made his heart beat faster.*
- concerned** Feeling or showing worry or solicitude.  
*We feel **concerned** about accomplishing the task at hand.*
- cowardice** The trait of lacking courage.  
*My **cowardice** got the better of me and I crept out of the room.*

<b>distressed</b>	Suffering severe physical strain or distress. <i>He dropped out of the race clearly <b>distressed</b> and having difficulty breathing.</i>
<b><u>embarrassed</u></b>	Having or showing financial difficulties. <i>Too <b>embarrassed</b> to say hello to his drunken father on the street.</i>
<b><u>engrossed</u></b>	Giving or marked by complete attention to. <i>That <b>engrossed</b> look or rapt delight.</i>
<b>fraught</b>	Marked by distress. <i>An incident <b>fraught</b> with danger.</i>
<b>harried</b>	Troubled persistently especially with petty annoyances. <i>A <b>harried</b> expression.</i>
<b><u>insecurity</u></b>	The state of being open to danger or threat; lack of protection. <i>Growing job <b>insecurity</b>.</i>
<b>irritated</b>	Aroused to impatience or anger. <i>Made an <b>irritated</b> gesture.</i>
<b>nervy</b>	Characterized or produced by apprehension or uncertainty. <i>The <b>nervy</b> feats of mountaineers.</i>
<b>neurotically</b>	In a neurotic manner.
<b>peevish</b>	Easily irritated or annoyed. <i>A thin <b>peevish</b> voice.</i>
<b><u>preoccupied</u></b>	Deeply absorbed in thought. <i>A <b>preoccupied</b> frown.</i>
<b>solicitous</b>	Characterized by or showing interest or concern. <i><b>Solicitous</b> about her health.</i>
<b>steamed</b>	(of food) cooked by steaming. <i>I was <b>steamed</b>.</i>
<b>stressed</b>	Strengthened by the application of stress during manufacture prestressed. <i>An iambic foot consists of an <b>unstressed</b> syllable followed by a <b>stressed</b> syllable as in delay.</i>
<b><u>tense</u></b>	Become stretched or tense or taut. <i>Carefully stretch and then <b>tense</b> your muscles.</i>
<b>thoughtful</b>	Taking heed giving close and thoughtful attention. <i>Brows drawn together in <b>thoughtful</b> consideration.</i>
<b>tormented</b>	Tormented or harassed by nightmares or unreasonable fears. <i>Her <b>tormented</b> past.</i>
<b><u>uneasy</u></b>	Socially uncomfortable; unsure and constrained in manner. <i>She lived in a state of <b>uneasy</b> truce with her strict father.</i>

<b>upset</b>	The act of upsetting something. <i>The accusation <b>upset</b> her.</i>
<b><u>uptight</u></b>	Being in a tense state. <i>He is so <b>uptight</b> about everything.</i>
<b>worried</b>	Anxious or troubled about actual or potential problems. <i>One last <b>worried</b> check of the sleeping children.</i>



