

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

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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)

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

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

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

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

