

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)

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>

unsettled

Not settled or established.

An **unsettled** childhood.

worried

Anxious or troubled about actual or potential problems.

Worried parents.



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

distressed	Suffering severe physical strain or distress. <i>He dropped out of the race clearly distressed and having difficulty breathing.</i>
embarrassed	Having or showing financial difficulties. <i>Too embarrassed to say hello to his drunken father on the street.</i>
engrossed	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>
insecurity	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>
preoccupied	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>
tense	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>
uneasy	Socially uncomfortable; unsure and constrained in manner. <i>She lived in a state of uneasy truce with her strict father.</i>

upset

The act of upsetting something.

*The accusation **upset** her.*

uptight

Being in a tense state.

*He is so **uptight** about everything.*

worried

Anxious or troubled about actual or potential problems.

*One last **worried** check of the sleeping children.*

