

Need another word that means the same as “troubling”? Find 6 synonyms and 30 related words for “troubling” in this overview.

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**The synonyms of “Troubling” are: distressful, distressing, disturbing, perturbing, worrisome, worrying**

## Troubling as an Adjective

### Definitions of "Troubling" as an adjective

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

- *Causing distress or worry or anxiety.*
- *Causing distress or anxiety.*



## Synonyms of "Troubling" as an adjective (6 Words)

- distressful** Causing distress or worry or anxiety.  
*Lived in heroic if something **distressful** isolation.*
- distressing** Bad; unfortunate.  
***Distressing** or disturbing news.*
- disturbing** Causing anxiety; worrying.  
*Distressing or **disturbing** news.*
- perturbing** Causing distress or worry or anxiety.  
*There were two scenes that I think would be **perturbing** to small children.*



**worrisome** Causing anxiety or concern.  
A **worrisome** problem.

**worrying** Causing anxiety about actual or potential problems; alarming.  
A **worrying** situation.



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

- *This is a troubling development for the prime minister.*
- *The lack of attention to security is equally troubling.*
- *A new and troubling thought.*



## Associations of "Troubling" (30 Words)

### annoy

Cause annoyance in disturb especially by minor irritations.  
*A gallant Saxon who **annoyed** this Coast.*

### **annoyance**

An unpleasant person who is annoying or exasperating.  
*He turned his charm on Tara much to Hegarty's **annoyance**.*

### **bother**

Cause annoyance in; disturb, especially by minor irritations.  
*It may seem like too much **bother** to cook just for yourself.*

### **difficulty**

A factor causing trouble in achieving a positive result or tending to produce a negative result.  
*There is a practical **difficulty**.*

### dilemma

State of uncertainty or perplexity especially as requiring a choice between equally unfavorable options.  
*The insoluble **dilemma** of adolescence.*

<b><u>discomfort</u></b>	Slight pain. <i>He appeared to be <b>discomforted</b> by the questioning.</i>
<b>disquiet</b>	A feeling of worry or unease. <i>Public <b>disquiet</b> about animal testing.</i>
<b>distract</b>	Divert one's attention from something unpleasant by doing something different or more pleasurable. <i>I tried to <b>distract</b> myself by concentrating on Jane.</i>
<b>distress</b>	Bring into difficulties or distress especially financial hardship. <i>The news of her child's illness <b>distressed</b> the mother.</i>
<b><u>disturb</u></b>	Tamper with. <i>Don't <b>disturb</b> the patient's wounds by moving him too rapidly.</i>
<b><u>fuss</u></b>	A quarrel about petty points. <i>She flattered and <b>fussed</b> her.</i>
<b><u>hassle</u></b>	Harass; pester. <i>When I told them I would not work on Sundays I got <b>hassle</b>.</i>
<b>inconvenience</b>	To cause inconvenience or discomfort to. <i>The <b>inconvenience</b> of having to change trains.</i>
<b>incubus</b>	Someone who depresses or worries others. <i>Debt is a big <b>incubus</b> in developing countries.</i>
<b>nuisance</b>	A person or thing causing inconvenience or annoyance. <i>It's a <b>nuisance</b> having all those people clomping through the house.</i>
<b>obstacle</b>	An obstruction that stands in the way (and must be removed or surmounted or circumvented). <i>Lack of imagination is an <b>obstacle</b> to one's advancement.</i>
<b>perturb</b>	Disturb or interfere with the usual path of an electron or atom. <i>Nuclear weapons could be used to <b>perturb</b> the orbit of an asteroid.</i>
<b><u>plight</u></b>	A solemn pledge of fidelity. <i>We must direct our efforts towards relieving the <b>plight</b> of children living in poverty.</i>
<b>predicament</b>	A situation from which extrication is difficult especially an unpleasant or trying one. <i>Finds himself in a most awkward <b>predicament</b>.</i>
<b>problematic</b>	Open to doubt or debate. <i>A <b>problematic</b> situation at home.</i>
<b><u>quandary</u></b>	A state of perplexity or uncertainty over what to do in a difficult situation. <i>Kate was in a <b>quandary</b>.</i>

<b>scuffle</b>	Engage in a short, confused fight or struggle at close quarters. <i>The drunken men started to <b>scuffle</b>.</i>
<b><u>turbulent</u></b>	Characterized by unrest or disorder or insubordination. <i>The <b>turbulent</b> sea.</i>
<b><u>uncomfortable</u></b>	Causing or feeling unease or awkwardness. <i>Grew <b>uncomfortable</b> beneath his appraising eye.</i>
<b>uneasiness</b>	A feeling of anxiety or discomfort. <i>The media often express a general <b>uneasiness</b> with animal research.</i>
<b>upset</b>	The act of upsetting something. <i>The dam will <b>upset</b> the ecological balance.</i>
<b>vex</b>	Make (someone) feel annoyed, frustrated, or worried, especially with trivial matters. <i>I ain t <b>vex</b> with you.</i>
<b><u>vexation</u></b>	A cause of annoyance, frustration, or worry. <i>The <b>vexations</b> of life under canvas.</i>
<b>worried</b>	Afflicted with or marked by anxious uneasiness or trouble or grief. <i>Michelle knew that her friends were very <b>worried</b> about her.</i>
<b><u>worry</u></b>	A strong feeling of anxiety. <i>It is not work but <b>worry</b> that kills.</i>



