

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

Table Of Contents:

- [Troubling as an Adjective](#)
- [Definitions of "Troubling" as an adjective](#)
- [Synonyms of "Troubling" as an adjective \(6 Words\)](#)
- [Usage Examples of "Troubling" as an adjective](#)
- [Associations of "Troubling" \(30 Words\)](#)

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.*

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

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

