

Need another word that means the same as “worry”? Find 100 synonyms and 30 related words for “worry” in this overview.

Table Of Contents:

- [Worry as a Noun](#)
- [Definitions of "Worry" as a noun](#)
- [Synonyms of "Worry" as a noun \(28 Words\)](#)
- [Usage Examples of "Worry" as a noun](#)
- [Worry as a Verb](#)
- [Definitions of "Worry" as a verb](#)
- [Synonyms of "Worry" as a verb \(72 Words\)](#)
- [Usage Examples of "Worry" as a verb](#)
- [Associations of "Worry" \(30 Words\)](#)

**The synonyms of “Worry” are: concern, interest, occupy, care, vex, concerning, perturbing, niggling, unsettling, harassing, harrying, fret, be worried, be concerned, be anxious, agonize, brood, dwell on, panic, get in a panic, lose sleep, get worked up, get in a fluster, get overwrought, be on tenterhooks, trouble, bother, cause anxiety, make anxious, disturb, distress, upset, disquiet, discompose, agitate, unsettle, perturb, frighten, alarm, scare, fluster, flurry, stress, strain, tax, harass, torment, plague, bedevil, besiege, irk, chew, bite, nibble, munch, crunch, champ, chomp, masticate, attack, savage, maul, mutilate, mangle, go for, tear at, tear to pieces, claw, gnaw at, lacerate, shake, pull at, headache, vexation, anxiety, disturbance, perturbation, uneasiness, unease, disquietude, disconcertment, fretfulness, restlessness, nervousness, nerves, agitation, edginess, tension, tenseness, problem, cause for concern**

## Worry as a Noun

### Definitions of "Worry" as a noun

According to the [Oxford Dictionary of English](#), “worry” as a noun can have the following definitions:

- *A strong feeling of anxiety.*
- *A source of anxiety.*

- *Something or someone that causes anxiety; a source of unhappiness.*
- *The state of being anxious and troubled over actual or potential problems.*



## Synonyms of "Worry" as a noun (28 Words)

<b>agitation</b>	A state of agitation or turbulent change or development. <i>She was wringing her hands in <b>agitation</b>.</i>
<b>anxiety</b>	(psychiatry) a relatively permanent state of worry and nervousness occurring in a variety of mental disorders, usually accompanied by compulsive behavior or attacks of panic. <i>He felt a surge of <b>anxiety</b>.</i>
<b>bother</b>	Effort, trouble, or difficulty. <i>He saved me the <b>bother</b> of having to come up with a speech.</i>
<b>care</b>	An object of concern or attention. <i>No medical <b>care</b> was required.</i>
<b>cause for concern</b>	A justification for something existing or happening.

<b>concern</b>	Something that interests you because it is important or affects you. <i>New York traffic is a constant <b>concern</b>.</i>
<b>disconcertment</b>	The state or feeling of being disturbed or unsettled. <i><b>Disconcertment</b> at a first reading is very common.</i>
<b>disquiet</b>	A feeling of mild anxiety about possible developments. <i>Public <b>disquiet</b> about animal testing.</i>
<b>disquietude</b>	A state of uneasiness or anxiety. <i>Such passages reflect a sense of <b>disquietude</b> of alienation even.</i>
<b>distress</b>	Psychological suffering. <i>The death of his wife caused him great <b>distress</b>.</i>
<u><b>disturbance</b></u>	A noisy fight. <i>A helicopter landing can cause <b>disturbance</b> to residents.</i>
<b>edginess</b>	Feelings of anxiety that make you tense and irritable.
<b>fretfulness</b>	An irritable petulant feeling.
<b>headache</b>	Something or someone that causes anxiety; a source of unhappiness. <i>She complained of a severe <b>headache</b>.</i>
<b>nerves</b>	Control of your emotions. <i>He suffered an attack of <b>nerves</b>.</i>
<u><b>nervousness</b></u>	A sensitive or highly strung temperament. <i>There was a trace of <b>nervousness</b> in his voice.</i>
<b>perturbation</b>	(physics) a secondary influence on a system that causes it to deviate slightly. <i>Frank's atheism was more than a <b>perturbation</b> to Michael.</i>
<b>problem</b>	A state of difficulty that needs to be resolved. <i>Urban <b>problems</b> such as traffic congestion and smog.</i>
<b>restlessness</b>	A feeling of agitation expressed in continual motion. <i>The <b>restlessness</b> of the wind.</i>
<b>strain</b>	A state of tension or exhaustion resulting from severe demands on one's strength or resources. <i>The mental <b>strain</b> of staying alert hour after hour was too much for him.</i>
<b>stress</b>	The relative prominence of a syllable or musical note especially with regard to stress or pitch. <i>The distribution of <b>stress</b> is uniform across the bar.</i>
<b>tenseness</b>	The physical condition of being stretched or strained. <i>He could feel the <b>tenseness</b> of her body.</i>

<b>tension</b>	A relationship between ideas or qualities with conflicting demands or implications. <i>He suffered from fatigue and emotional <b>tension</b>.</i>
<b>trouble</b>	Public unrest or disorder. <i>That s the <b>trouble</b> with capitalism.</i>
<u><b>unease</b></u>	The trait of seeming ill at ease. <i>Public <b>unease</b> about defence policy.</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 greatest <b>upset</b> in boxing history.</i>
<u><b>vexation</b></u>	Something or someone that causes anxiety; a source of unhappiness. <i>Jenna bit her lip in <b>vexation</b>.</i>



## Usage Examples of "Worry" as a noun

- *It's a major worry.*
- *He's demented with worry.*
- *His worry over the prospect of being fired.*
- *He's got financial worries.*
- *Her son had been a constant source of worry to her.*
- *It is not work but worry that kills.*



## Worry as a Verb

### Definitions of "Worry" as a verb

According to the [Oxford Dictionary of English](#), "worry" as a verb can have the following definitions:

- *Feel or cause to feel anxious or troubled about actual or potential problems.*
- *Be on the mind of.*
- *Annoy or disturb.*
- *(of a dog or other carnivorous animal) tear at or pull about with the teeth.*
- *(of a dog) chase and attack (livestock, especially sheep.*
- *Lacerate by biting.*
- *Be concerned with.*
- *Be worried, concerned, anxious, troubled, or uneasy.*
- *Disturb the peace of mind of; afflict with mental agitation or distress.*
- *Touch or rub constantly.*



## Synonyms of "Worry" as a verb (72 Words)

### **agitate**

Cause to be agitated excited or roused.

*The thought of questioning Toby **agitated** him extremely.*

<b>agonize</b>	Cause to agonize. <i>I didn't <b>agonize</b> over the problem.</i>
<b>alarm</b>	Be fitted or protected with an alarm. <i>This door is locked and <b>alarmed</b> between 11 p.m. and 6 a.m.</i>
<b>attack</b>	Launch an attack or assault on; begin hostilities or start warfare with. <i>The visiting team started to <b>attack</b>.</i>
<b>be anxious</b>	Be priced at.
<b>be concerned</b>	Have the quality of being; (copula, used with an adjective or a predicate noun).
<b>be on tenterhooks</b>	Represent, as of a character on stage.
<b>be worried</b>	Represent, as of a character on stage.
<b>bedevil</b>	Be confusing or perplexing to; cause to be unable to think clearly. <i>Projects like this are <b>bedevilled</b> by a shortage of cash.</i>
<b>besiege</b>	Surround so as to force to give up. <i>The television station was <b>besieged</b> with calls.</i>
<b>bite</b>	(of a person or animal) use the teeth to cut into or through something. <i>Once on the slab my boots failed to <b>bite</b>.</i>
<b>bother</b>	Feel concern about or interest in. <i>I'm sorry to <b>bother</b> you at this time of night.</i>
<b>brood</b>	Be in a huff; be silent or sullen. <i>Birds <b>brood</b>.</i>
<b>care</b>	Provide care for. <i>They don't <b>care</b> about human life.</i>
<b>cause anxiety</b>	Give rise to; cause to happen or occur, not always intentionally.
<b>champ</b>	Chafe at the bit, like horses. <i>He was already on the plane <b>champing</b> to get off to Lagos.</i>
<b>chew</b>	Chew food to bite and grind with the teeth. <i>He was <b>chewing</b> a mouthful of toast.</i>
<b>chomp</b>	Munch or chew noisily or vigorously. <i>The boy <b>chomped</b> his sandwich.</i>
<b>claw</b>	Attack as if with claws. <i>His fingers <b>clawed</b> at the air.</i>
<b>concern</b>	Be relevant to. <i>Those <b>concerned</b> in industry, academia and government.</i>
<b>concerning</b>	Be relevant to.

<b><u>crunch</u></b>	Make a crunching sound especially when walking or driving over gravel or an icy surface. <i>His shoes were <b>crunching</b> on the gravel.</i>
<b>discompose</b>	Cause to lose one's composure. <i>Nothing could <b>discompose</b> her.</i>
<b>disquiet</b>	Make (someone) worried or uneasy. <i>It <b>disquiets</b> us that he may be out of jail.</i>
<b>distress</b>	Bring into difficulties or distress especially financial hardship. <i>I didn't mean to <b>distress</b> you.</i>
<b><u>disturb</u></b>	Destroy the peace or tranquility of. <i>I am <b>disturbed</b> by the document I have just read.</i>
<b>dwelt on</b>	Originate (in).
<b>flurry</b>	(especially of snow or leaves) be moved in small swirling masses by sudden gusts of wind. <i>The waiter <b>flurried</b> between them.</i>
<b>fluster</b>	Be flustered behave in a confused manner. <i>The false start <b>flustered</b> me a bit.</i>
<b><u>fret</u></b>	Provide a musical instrument with frets. <i>Squelchy clay that <b>fretted</b> between his toes.</i>
<b>frighten</b>	Drive out by frightening. <i>The government denies legal responsibility presumably to <b>frighten</b> off other claimants.</i>
<b>get in a fluster</b>	Apprehend and reproduce accurately.
<b>get in a panic</b>	Go through (mental or physical states or experiences).
<b>get overwrought</b>	Purchase.
<b>get worked up</b>	Overcome or destroy.
<b>gnaw at</b>	Bite or chew on with the teeth.
<b>go for</b>	Follow a certain course.
<b><u>harass</u></b>	Subject to aggressive pressure or intimidation. <i>This man <b>harasses</b> his female co workers.</i>
<b>harassing</b>	Annoy continually or chronically.
<b>harrying</b>	Make a pillaging or destructive raid on (a place), as in wartimes.
<b>interest</b>	Excite the curiosity of engage the interest of. <i>Efforts were made to <b>interest</b> her in a purchase.</i>
<b>irk</b>	Irritate; annoy. <i>It <b>irks</b> her to think of the runaround she received.</i>

<b>lacerate</b>	Criticize forcefully or severely. <i>The point had <b>lacerated</b> his neck.</i>
<b>lose sleep</b>	Retreat.
<b>make anxious</b>	Make, formulate, or derive in the mind.
<b>mangle</b>	Press with a mangle. <i><b>Mangle</b> the sheets.</i>
<b>masticate</b>	Grind and knead. <i>Try to <b>masticate</b> slowly.</i>
<b>maul</b>	Take part in a maul. <i>The body was badly <b>mauled</b> in battle.</i>
<b>munch</b>	Eat (something) steadily and often audibly. <i>Russell <b>munched</b> his breakfast toast.</i>
<b>mutilate</b>	Destroy or injure severely. <i>The fine carved screen was <b>mutilated</b> in the 18th century.</i>
<b>nibble</b>	Take small bites out of. <i>She <b>nibbled</b> at her food.</i>
<b>niggling</b>	Argue over petty things.
<b>occupy</b>	Fill or preoccupy the mind. <i>The young prince will soon <b>occupy</b> the throne.</i>
<b>panic</b>	Feel or cause to feel panic. <i>The crowd <b>panicked</b> and stampeded for the exit.</i>
<b>perturb</b>	Make (someone) anxious or unsettled. <i>She was rather <b>perturbed</b> by the news that her father was seriously ill.</i>
<b>perturbing</b>	Disturb in mind or make uneasy or cause to be worried or alarmed.
<b>plague</b>	Annoy continually or chronically. <i>He has been <b>plagued</b> by ill health.</i>
<b>pull at</b>	Bring, take, or pull out of a container or from under a cover.
<b>savage</b>	Criticize harshly or violently. <i>Police are rounding up dogs after a girl was <b>savaged</b>.</i>
<b>scare</b>	Become scared. <i>I don't think I <b>scare</b> easily.</i>
<b>shake</b>	Shake a body part to communicate a greeting feeling or cognitive state. <i>My faith has been <b>shaken</b>.</i>

<b>strain</b>	Separate by passing through a sieve or other straining device to separate out coarser elements. <i><b>Straining</b> our ears to hear.</i>
<b>stress</b>	Put stress on utter with an accent. <i>They <b>stressed</b> the need for reform.</i>
<a href="#"><u>tax</u></a>	Levy a tax on. <i>An officer <b>taxing</b> a bill of costs.</i>
<b>tear at</b>	To separate or be separated by force.
<b>tear to pieces</b>	Strip of feathers.
<b>torment</b>	Torment emotionally or mentally. <i>The children <b>tormented</b> the stuttering teacher.</i>
<b>trouble</b>	Take the trouble to do something concern oneself. <i>Could I <b>trouble</b> you for a receipt.</i>
<b>unsettle</b>	Disturb the composure of. <i>The crisis has <b>unsettled</b> financial markets.</i>
<a href="#"><u>unsettling</u></a>	Disturb the composure of.
<b>upset</b>	Cause to lose one's composure. <i>The dam will <b>upset</b> the ecological balance.</i>
<b>vex</b>	Subject to prolonged examination, discussion, or deliberation. <i>The memory of the conversation still <b>vexed</b> him.</i>



## Usage Examples of "Worry" as a verb

- *A farmer shot a dog that had been worrying sheep.*
- *I began to worry whether I had done the right thing.*
- *I worry about my job.*
- *The noise never really stops, but it doesn't worry me.*
- *I found my dog contentedly worrying a bone.*
- *He worried about his soldier sons in the war.*
- *I worry about the second Germanic consonant shift.*
- *There was no need to worry her.*
- *I cannot sleep-my daughter's health is worrying me.*
- *I worry about my grades.*



## Associations of "Worry" (30 Words)

<b><u>afraid</u></b>	Anxious about the well-being or safety of. <i><b>Afraid</b> for his life.</i>
<b><u>annoy</u></b>	Cause annoyance in disturb especially by minor irritations. <i>Your damned cheerfulness has always <b>annoyed</b> me.</i>
<b>annoyance</b>	The act of troubling or annoying someone. <i>He turned his charm on Tara much to Hegarty's <b>annoyance</b>.</i>
<b>annoyed</b>	Slightly angry; irritated. <i>Kelly was <b>annoyed</b> with him.</i>
<b>anxious</b>	Eagerly desirous. <i>Cast <b>anxious</b> glances behind her.</i>
<b>anxiously</b>	With anxiety or apprehension. <i>We watched <b>anxiously</b>.</i>
<b><u>apprehensive</u></b>	Anxious or fearful that something bad or unpleasant will happen. <i><b>Apprehensive</b> about her job.</i>
<b>bother</b>	A person or thing that causes annoyance or difficulty. <i>A spot of <b>bother</b>.</i>
<b><u>chagrin</u></b>	Feel distressed or humiliated. <i>He was <b>chagrined</b> when his friend poured scorn on him.</i>
<b>concern</b>	Anxiety; worry. <i>The story <b>concerns</b> a friend of mine.</i>
<b>distracted</b>	Having the attention diverted especially because of anxiety. <i>Charlotte seemed too <b>distracted</b> to give him much attention.</i>
<b>distress</b>	Bring into difficulties or distress especially financial hardship. <i>Please don't <b>distress</b> yourself.</i>
<b><u>disturb</u></b>	Change the arrangement or position of. <i>I am <b>disturbed</b> by the document I have just read.</i>
<b>disturbing</b>	Causing distress or worry or anxiety. <i>Distressing or <b>disturbing</b> news.</i>
<b>headache</b>	A continuous pain in the head. <i>She complained of a severe <b>headache</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>	A nightmare. <i>Debt is a big <b>incubus</b> in developing countries.</i>

<b><u>irritation</u></b>	A sudden outburst of anger. <i>Any food produced <b>irritation</b> of the stomach.</i>
<b>nuisance</b>	An act which is harmful or offensive to the public or a member of it and for which there is a legal remedy. <i>It s a <b>nuisance</b> having all those people clomping through the house.</i>
<b>offend</b>	Cause to feel upset, annoyed, or resentful. <i>The smell of ash <b>offended</b> him.</i>
<b>solicitude</b>	Care or concern for someone or something. <i>I was touched by his <b>solicitude</b>.</i>
<b><u>terrifying</u></b>	Causing extreme fear. <i>The <b>terrifying</b> events of the past few weeks.</i>
<b>trouble</b>	Take the trouble to do something concern oneself. <i>Their helicopter developed engine <b>trouble</b>.</i>
<b><u>uncomfortable</u></b>	Conducive to or feeling mental discomfort. <i>The teacher s presence at the conference made the child very <b>uncomfortable</b>.</i>
<b><u>uneasy</u></b>	Lacking a sense of security or affording no ease or reassurance. <i>She felt guilty now and a little <b>uneasy</b>.</i>
<b>upset</b>	The act of upsetting something. <i>She didn t realize the <b>upset</b> she caused me.</i>
<b>vex</b>	Make (someone) feel annoyed, frustrated, or worried, especially with trivial matters. <i>I wouldn t <b>vex</b> it will be just great if whoever borrow the pump just bring it back.</i>
<b><u>vexation</u></b>	The state of being annoyed, frustrated, or worried. <i>The <b>vexations</b> of life under canvas.</i>
<b>worried</b>	Anxious or troubled about actual or potential problems. <i><b>Worried</b> parents.</i>
<b>worrying</b>	Causing anxiety about actual or potential problems; alarming. <i>Vigorous <b>worrying</b> finally loosened the saw.</i>

