

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

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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)

- agitation** A state of agitation or turbulent change or development.
*She was wringing her hands in **agitation**.*
- anxiety** (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.
*He felt a surge of **anxiety**.*
- bother** Effort, trouble, or difficulty.
*He saved me the **bother** of having to come up with a speech.*
- care** An object of concern or attention.
*No medical **care** was required.*
- cause for concern** A justification for something existing or happening.

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

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

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

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

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

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

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

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

