# **Bad Pain(32 words)**

**afflicted**  (adjective) - Suffering from a serious problem, illness, or pain, be it mental or physical.

**agonizing**  (adjective) - Something that causes great physical or mental pain.

**agony**  (noun) - Extreme physical or mental suffering

**angst**  (noun) - A feeling of deep anxiety or dread, typically an unfocused one about the human condition or the state of the world in general

**anguish**  (noun) - Severe mental or physical pain or suffering

**bruise**  (verb) - To hurt someone emotionally or physically, leaving a lasting feeling of pain or vulnerability.

**burden**  (noun) - something you carry or withstand with much difficulty.

**cramps**  (noun) - A painful, involuntary contraction of muscles

**degenerate**  (verb) - To decline or deteriorate physically, mentally, or morally

**exasperating**  (adjective) - Intensely irritating; infuriating

**excruciating**  (adjective) - Intensely painful

**exile**  (noun) - The state of being banned or forced to live away from one's native country, often for political reasons.

**flinch**  (verb) - To make a quick, nervous movement of the face or body as an instinctive reaction to surprise, fear or pain

**grueling**  (adjective) - Extremely tiring and demanding

**hardship**  (noun) - Severe suffering or difficulty caused by lack of necessities like food, money, or shelter.

**humiliated**  (adjective) - To feel ashamed after someone embarrasses you in front of others.

**impoverished**  (adjective) - Very poor.

**inflammation**  (noun) - A physical condition characterized by redness, heat, swelling, and pain, often as a response to injury or infection.

**ordeal**  (noun) - A painful or horrific experience, especially a protracted one

**pang**  (noun) - A sudden sharp pain or painful emotion

**plague**  (verb) - To cause constant worry, annoyance, or distress, often by repeatedly confronting someone with problems or challenges.

**plight**  (noun) - A difficult or unfortunate situation, often one that involves hardship or adversity.

**shackles**  (noun) - A device, such as a chain or cuff, designed to physically limit or control a person or thing's movement.

**standstill**  (noun) - A halt in activity, usually temporary but total.

**strenuous**  (adjective) - Requiring great effort, energy, or strength, needing vigorous or intense in activity or action.

**throes**  (noun) - Intense or violent pain and struggle, especially accompanying birth, death, or great change

**torment**  (verb) - Cause to experience severe mental or physical suffering

**torment**  (noun) - Severe physical or mental suffering

**tragic**  (adjective) - Something very sad often involving suffering.

**traumatic**  (adjective) - Causing severe and lasting emotional shock and pain.

**wince**  (verb) - To give a slight involuntary grimace or shrinking movement of the body out of or in anticipation of pain or distress

**writhe**  (verb) - To make continual twisting, squirming movements or contortions of the body