

# upsetting *(up-set-ting)*

## Definition

suffix -ing v. 1 to disturb mentally or emotionally or physically; 2 to overturn; 3 defeats suddenly and unexpectedly;  
adj. causing an emotional disturbance

## Example Sentence

It was **upsetting** when you fell down.

## Synonyms

disturb; bother; trouble

## Antonyms

delight; happy

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