# **Bad Nervous(23 words)**

**agitated**  (adjective) - Emotionally upset or excited, especially due to worry or anger.

**amok**  (adjective) - to be out of control and act in a wild or dangerous manner

**defensive**  (adjective) - To put oneself in a position that is intended to protect oneself.

**falter**  (verb) - To lose strength or momentum; to weaken or stumble; to hesitate in action, purpose, or speech.

**flustered**  (adjective) - Agitated or confused

**frantic**  (adjective) - Wild or distraught with fear, anxiety, or other emotion

**frazzled**  (adjective) - To feel completely exhausted and worn out, and unable to think straight, after a great deal of mental or physical effort

**frenetic**  (adjective) - Fast and energetic in a rather wild and uncontrolled way

**frenzy**  (noun) - Wild, extreme, and uncontrolled behavior or mental agitation

**fuss**  (noun) - A display of unnecessary or excessive excitement, activity, or interest

**gnaw**  (verb) - To cause continual distress or discomfort, often in a mental or emotional sense.

**insecure**  (adjective) - Lacking confidence or self-assurance; feeling unsure about oneself.

**jittery**  (adjective) - Nervous or unable to relax

**perturbed**  (adjective) - Feeling unsettled, anxious, or troubled due to confusion, concern, or disruption.

**qualms**  (noun) - A feeling of discomfort or uneasiness, often related to a decision.

**shock**  (noun) - A jarring event that causes surprise, disbelief, or emotional disturbance.

**stickler**  (adjective) - Someone who is very particular or fussy about a specific thing.

**stutter**  (verb) - To speak with involuntary disruptions or repetitions of sounds, often at the beginning of words, due to a speech difficulty.

**temperamental**  (adjective) - Liable to sudden changes in mood or behavior; unpredictable in temperament.

**tenterhooks**  (noun) - Waiting nervously for something to happen.

**touchy**  (adjective) - Easily offended or sensitive to criticism or comments.

**unnerving**  (adjective) - Disturbing or upsetting in a way that makes someone feel anxious or afraid, sometimes leading to a loss of courage, confidence, or composure.

**vacillate**  (verb) - To waver between different opinions or actions; to be indecisive.