

-ED and -ING Adjectives (Participial Adjectives)

When you want to describe the characteristics of someone, somewhere, or something, use adjectives that end in -ing (e.g. boring, exciting, and frightening).

When you are describing your feelings, or the feelings of another person, use adjectives that end in -ed (e.g. bored, excited, and frightened).

List of -ED and -ING adjectives

Aggravated / Aggravating	Disturbed / Disturbing	Mystified / Mystifying
Alarmed / Alarming	Embarrassed / Embarrassing	Overwhelmed / Overwhelming
Amazed / Amazing	Enchanted / Enchanting	Perplexed / Perplexing
Amused / Amusing	Encouraged / Encouraging	Perturbed / Perturbing
Annoyed / Annoying	Energized / Energizing	Petrified / Petrifying
Appeased / Appeasing	Entertained / Entertaining	Pleased / Pleasing
Astonished / Astonishing	Exasperated / Exasperating	Puzzled / Puzzling
Astounded / Astounding	Excited / Exciting	Relaxed / Relaxing
Bewildered / Bewildering	Exhausted / Exhausting	Relieved / Relieving
Bored / Boring	Fascinated / Fascinating	Satisfied / Satisfying
Captivated / Captivating	Flattered / Flattering	Shocked / Shocking
Challenged / Challenging	Frightened / Frightening	Sickened / Sickening
Charmed / Charming	Frustrated / Frustrating	Soothed / Soothing
Comforted / Comforting	Fulfilled / Fulfilling	Surprised / Surprising
Concerned / Concerning	Gratified / Gratifying	Tempted / Tempting
Confused / Confusing	Horrified / Horrifying	Terrified / Terrifying
Convinced / Convincing	Humiliated / Humiliating	Threatened / Threatening
Depressed / Depressing	Inspired / Inspiring	Thrilled / Thrilling
Devastated / Devastating	Insulted / Insulting	Tired / Tiring
Disappointed / Disappointing	Interested / Interesting	Touched / Touching
Discouraged / Discouraging	Intrigued / Intriguing	Troubled / Troubling
Disgusted / Disgusting	Irritated / Irritating	Unsettled / Unsettling
Distressed / Distressing	Moved / Moving	Worried / Worrying