Participle Adjective List

Here's a list of participle adjectives (-ed and -ing adjectives) in English. Remember, we usually use the past participle (-ed) to talk about someone's feelings and the present participle (-ing) to talk about cause of the feeling.

Past participle (ed)	Present participle (ing)
alarmed	alarming
aggravated	aggravating
amazed	amazing
amused	amusing
annoyed	annoying
astonished	astonishing
astounded	astounding
bewildered	bewildering
bored	boring
captivated	captivating
challenged	challenging
charmed	charming
comforted	comforting
concerned	concerning
confused	confusing
convinced	convincing
depressed	depressing
devastated	devastating
disappointed	disappointing
discouraged	discouraging
disgusted	disgusting
distressed	distressing
disturbed	disturbing
embarrassed	embarrassing
enchanted	enchanting
encouraged	encouraging
energized	energizing
entertained	entertaining
exasperated	exasperating
excited	exciting

exhausted	exhausting
fascinated	fascinating
flattered	flattering
frightened	frightening
frustrated	frustrating
fulfilled	fulfilling
gratified	gratifying
horrified	horrifying
humiliated	humiliating
inspired	inspiring
insulted	insulting
interested	interesting
intrigued	intriguing
irritated	irritating
mystified	mystifying
moved	moving
overwhelmed	overwhelming
perplexed	perplexing
perturbed	perturbing
pleased	pleasing
puzzled	puzzling
relaxed	relaxing
satisfied	satisfying
shocked	shocking
sickened	sickening
soothed	soothing
surprised	surprising
tempted	tempting
terrified	terrifying
threatened	threatening
thrilled	thrilling
tired	tiring
touched	touching
troubled	troubling
unnerved	unnerving
unsettled	unsettling
upset	upsetting
worried	worrying