

# Embarrassed

**Embarrassed** is an adjective used to describe a feeling of self-consciousness, awkwardness, or mild [shame](#), usually triggered by a social situation, error, or unwanted attention.

## Definition

A person is *\*embarrassed\** when they feel uncomfortable or awkward, typically because they believe others are judging them or because they've made a [mistake](#).

## Clinical and Educational Contexts

• **Operating room:**

“The junior resident looked embarrassed after misidentifying the anatomical structure.”

• **Academic presentations:**

“She felt embarrassed when she realized her slide had the wrong patient data.”

• **Patient interaction:**

“The patient became embarrassed when asked about urinary incontinence.”

## Related Terms

Term	Description
Ashamed	Stronger form of embarrassment, often tied to guilt or moral judgment
Self-conscious	Feeling overly aware of how one is perceived by others
Flustered	Embarrassed + confused or anxious
Humiliated	Severe embarrassment, often involving public shame

## Example Sentences

- “He was embarrassed to admit he didn’t know the next step.”
- “Don’t be embarrassed—asking questions is encouraged here.”
- “She smiled awkwardly, clearly embarrassed by the attention.”

## Educational Note

Creating a psychologically safe [environment](#) in neurosurgical training reduces embarrassment and

encourages open dialogue—crucial for learning and patient safety.

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