

# ～てならない

can't help feeling

Romaji: **te naranai**

～てならない means a feeling is welling up faster than you can hold it back — “I can't help feeling...”, “it's unbearably...”. 試験の結果が心配でならない is “I can't stop worrying about the exam results.” Attach it to the て-form of an adjective, or to a noun or な-adjective with で. Its territory is emotion and thought — worry, longing, sadness, the nagging sense that something is off — rather than the physical sensations that ～てたまらない handles.

## 構文 CONSTRUCTION

**い-adjective (て-form) + ならない**

祖父のことが懐かしくてならない。 — I miss my grandfather terribly.

**な-adjective / noun + でならない**

将来が不安でなりません。 — I can't stop feeling anxious about the future.

**Spontaneous verbs: ～思えてならない ・ ～気がしてならない**

何か忘れているような気がしてならない。 — I can't shake the feeling I've forgotten something.

## 例文 EXAMPLES

- 1 <sup>しけん</sup> 試験の<sup>けっか</sup>結果が<sup>しんぱい</sup>心配でならない。  
I can't stop worrying about the exam results.
- 2 <sup>そふ</sup> 祖父のことが<sup>なつ</sup>懐かしくてなりません。  
I miss my grandfather terribly.
- 3 <sup>なに</sup> 何か<sup>わす</sup>忘れているような<sup>き</sup>気がしてならない。  
I can't shake the feeling I've forgotten something.

## 注意点 NUANCES

- ▶ The feeling arises by itself. You are reporting that you cannot suppress it. 思えて and 気がして sit naturally in front of it for the same reason: they already mean something occurs to you unbidden.
- ▶ It is more written and more emotional than ～てたまらない, which is the one you want for heat, hunger, sleepiness and other bodily states.
- ▶ Plain action verbs do not fit. ×食べてならない is not this pattern — you need an adjective or a verb of spontaneous feeling in front of it.
- ▶ It describes your own feelings. To say it about someone else, add ようだ or らしい: 彼は心配でならないようだ.

## やってみよう YOUR TURN

Name two things you cannot stop worrying about and one suspicion that keeps nagging at you, using ～てならない and ～気がしてならない.