Adjectives ending in -ed / -ing

I'd be disappointed / disappointing if	disappointed
I find it annoyed / annoying when people	annoying
A place I think is absolutely fascinating / fascinated is	fascinating
Something I find quite worried / worrying is	worrying
I am always confused / confusing when I	confused
lt's always embarrassed / embarrassing when	embarrassing
I feel satisfying / satisfied when I	satisfied
One thing that I think is disgusted / disgusting is	disgusting
I think it's absolutely shocked / shocking that	shocking
I get frustrating / frustrated when	frustrated
Something I find absolutely exhausted / exhausting is	exhausting
If one of my friends told me I was bored / boring, I would	boring