

# catharsis (*ca-thar-sis*)

## Definition

n. 1 purging esp. of the digestive system; 2 the process of releasing (and thereby providing relief from) strong or repressed emotions

## Example Sentence

Going to counseling provided her with emotional **catharsis**.

## Synonyms

evacuation; purging; purification; voiding

## Antonyms

dirtying

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