

# traumatic *(trau-mat-ic)*

## Definition

adj. causing emotional or physical pain or distress.

## Example Sentence

The Oklahoma City bombing had a **traumatic** effect on me.

## More Example Sentences

Many found the movie quite **traumatic** to watch.

## Synonyms

painful; distressing; upsetting

## Antonyms

healing; comforting; soothing

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