

# wrenching *(wrench-ing)*

## Definition

adj. causing a strong emotional pain or distress.

## Example Sentence

The work was heart **wrenching** but also rewarding.

## More Example Sentences

She felt **wrenching** sadness after the news.

## Synonyms

painful; distressing; agonizing

## Antonyms

comforting; soothing; relieving

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