

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

Join thousands of students and teachers using Vocab Loco to master spelling and vocabulary through fun games, interactive activities, and engaging lessons. Make learning words an adventure!

[vocabloco.com](https://www.vocabloco.com)