

Need another word that means the same as “catharsis”? Find 11 synonyms and 30 related words for “catharsis” in this overview.

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**The synonyms of “Catharsis” are: katharsis, purgation, abreaction, purging, purification, cleansing, release, relief, freeing, deliverance, exorcism**

## Catharsis as a Noun

### Definitions of "Catharsis" as a noun

According to the [Oxford Dictionary of English](#), “catharsis” as a noun can have the following definitions:

- *(psychoanalysis) purging of emotional tensions.*
- *Purging of emotional tensions.*
- *Purging the body by the use of a cathartic to stimulate evacuation of the bowels.*
- *The process of releasing, and thereby providing relief from, strong or repressed emotions.*
- *Purgation.*

### Synonyms of "Catharsis" as a noun (11 Words)

- abreaction** Purging of emotional tensions.  
*He was using dream **abreaction** to treat a schizoid patient.*
- cleansing** The act of making something clean.
- [deliverance](#) A formal or authoritative utterance.  
*Work is the **deliverance** of mankind.*

<b>exorcism</b>	The expulsion or attempted expulsion of a supposed evil spirit from a person or place. <i>An <b>exorcism</b> of the authoritarian past.</i>
<b>freeing</b>	The act of liberating someone or something.
<b>katharsis</b>	Purging the body by the use of a cathartic to stimulate evacuation of the bowels.
<b>purgation</b>	A ceremonial cleansing from defilement or uncleanness by the performance of appropriate rites. <i>The <b>purgation</b> by ritual violence of morbid social emotions.</i>
<b>purging</b>	The abrupt or violent removal of a group of people from an organization or place. <i>The <b>purging</b> of middle management in the recession was a seriously flawed strategy.</i>
<b>purification</b>	The removal of contaminants from something. <i>His blood is pumped out and after <b>purification</b> pumped back in.</i>
<b>release</b>	A handle or catch that releases part of a mechanism. <i>There was a sudden <b>release</b> of oxygen.</i>
<b>relief</b>	A method of moulding carving or stamping in which the design stands out from the surface to a greater high relief or lesser low relief extent. <i>It was a <b>relief</b> to find somewhere to stay.</i>

## Usage Examples of "Catharsis" as a noun

- *Music is a means of catharsis for them.*

## Associations of "Catharsis" (30 Words)

<b>acrimonious</b>	(typically of speech or discussion) angry and bitter. <i>An <b>acrimonious</b> dispute about wages.</i>
<b>dander</b>	Small scales from animal skins or hair or bird feathers that can cause allergic reactions in some people. <i>Having one's hackles or <b>dander</b> up.</i>
<b>delirium</b>	State of violent mental agitation. <i>A chorus of <b>delirium</b> from the terrace.</i>
<b>disaffection</b>	A state or feeling of being dissatisfied, especially with people in authority or a system of control. <i>The widespread <b>disaffection</b> of the troops.</i>

<b><u>discouragement</u></b>	The feeling of despair in the face of obstacles. <i>Do not give in to <b>discouragement</b>.</i>
<b>emotion</b>	Instinctive or intuitive feeling as distinguished from reasoning or knowledge. <i>His voice was shaky with <b>emotion</b>.</i>
<b>enrage</b>	Put into a rage; make violently angry. <i>The students were <b>enraged</b> at these new rules.</i>
<b>enraged</b>	Very angry; furious. <i>The <b>enraged</b> bull attacked.</i>
<b>exasperate</b>	Exasperate or irritate. <i>This futile process <b>exasperates</b> prison officers.</i>
<b>exasperated</b>	Greatly annoyed; out of patience. <i>An <b>exasperated</b> expression.</i>
<b><u>frustration</u></b>	An act of hindering someone's plans or efforts. <i>Tears of <b>frustration</b> rolled down her cheeks.</i>
<b>furiously</b>	In an impassioned or very angry manner. <i>Terry was <b>furiously</b> scribbling away.</i>
<b>furor</b>	An interest followed with exaggerated zeal.
<b><u>fury</u></b>	State of violent mental agitation. <i>Tears of <b>fury</b> and frustration.</i>
<b><u>indignant</u></b>	Feeling or showing anger or annoyance at what is perceived as unfair treatment. <i>An <b>indignant</b> denial.</i>
<b>indignation</b>	Anger or annoyance provoked by what is perceived as unfair treatment. <i>The letter filled Lucy with <b>indignation</b>.</i>
<b>infuriate</b>	Make (someone) extremely angry and impatient. <i>I was <b>infuriated</b> by your article.</i>
<b>ire</b>	Anger. <i>The plans provoked the <b>ire</b> of conservationists.</i>
<b>livid</b>	Dark bluish grey in colour. <i>Lips <b>livid</b> with the hue of death.</i>
<b>madden</b>	Drive up the wall; go on someone's nerves. <i>She was almost <b>maddened</b> by grief at his loss.</i>
<b>outrage</b>	An action or event causing outrage. <i>Her voice trembled with <b>outrage</b>.</i>
<b><u>outraged</u></b>	Angered at something unjust or wrong. <i>A look of <b>outraged</b> disbelief.</i>

<b>rage</b>	Anger or aggression associated with conflict arising from a particular situation. <i>Computer games are all the <b>rage</b>.</i>
<b>rancorous</b>	Characterized by bitterness or resentment. <i>Sixteen miserable months of <b>rancorous</b> disputes.</i>
<b>rancour</b>	Bitterness or resentfulness, especially when long standing. <i>He spoke without <b>rancour</b>.</i>
<b>resentment</b>	Bitter indignation at having been treated unfairly. <i>Some people harbour <b>resentments</b> going back many years.</i>
<b>tantrum</b>	An uncontrolled outburst of anger and frustration, typically in a young child. <i>She threw a <b>tantrum</b>.</i>
<b><u>tragic</u></b>	Relating to tragedy in a literary work. <i>A <b>tragic</b> plight.</i>
<b><u>unleash</u></b>	Release (a dog) from a leash. <i>They dig up badger setts and <b>unleash</b> terriers into them.</i>
<b><u>wrath</u></b>	Intense anger (usually on an epic scale). <i>He hid his pipe for fear of incurring his father s <b>wrath</b>.</i>