

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.*

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

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

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

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