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)

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| 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.
An exorcism of the authoritarian past.

freeing
The act of liberating someone or something.

katharsis
Purging the body by the use of a cathartic to stimulate evacuation of the bowels.
A ceremonial cleansing from defilement or uncleanness by the performance of appropriate rites.
The purgation by ritual violence of morbid social emotions.

purging
The purging of middle management in the recession was a seriously flawed strategy.

purification
The removal of contaminants from something.
His blood is pumped out and after purification pumped back in.

release
A handle or catch that releases part of a mechanism.
There was a sudden release of oxygen.

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.
It was a relief to find somewhere to stay.

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.
An acrimonious dispute about wages.
Small scales from animal skins or hair or bird feathers that can cause allergic reactions in some people.
Having one's hackles or dander up.

delirium
State of violent mental agitation.
A chorus of delirium from the terrace.

disaffection
A state or feeling of being dissatisfied, especially with people in authority or a system of control.
The widespread disaffection of the troops.
discouragement  The feeling of despair in the face of obstacles.
*Do not give in to discouragement.*

emotion  Instinctive or intuitive feeling as distinguished from reasoning or knowledge.
*His voice was shaky with emotion.*

enrage  Put into a rage; make violently angry.
*The students were enraged at these new rules.*

enraged  Very angry; furious.
*The enraged bull attached.*

exasperate  Exasperate or irritate.
*This futile process exasperates prison officers.*

exasperated  Greatly annoyed; out of patience.
*An exasperated expression.*

frustration  An act of hindering someone’s plans or efforts.
*Tears of frustration rolled down her cheeks.*

furiously  In an impassioned or very angry manner.
*Terry was furiously scribbling away.*

furor  An interest followed with exaggerated zeal.
*Tears of fury and frustration.*

fury  State of violent mental agitation.
*An indignant denial.*

indignant  Feeling or showing anger or annoyance at what is perceived as unfair treatment.
*The letter filled Lucy with indignation.*

indignation  Anger or annoyance provoked by what is perceived as unfair treatment.
*Make (someone) extremely angry and impatient.
*I was infuriated by your article.*

ire  Anger.
*The plans provoked the ire of conservationists.*

livid  Dark bluish grey in colour.
*Lips livid with the hue of death.*

madden  Drive up the wall; go on someone’s nerves.
*She was almost maddened by grief at his loss.*

outrage  An action or event causing outrage.
*Her voice trembled with outrage.*

outraged  Angered at something unjust or wrong.
*A look of outraged disbelief.*
rage
Anger or aggression associated with conflict arising from a particular situation.
*Computer games are all the rage.*

rancorous
Characterized by bitterness or resentment.
*Sixteen miserable months of rancorous disputes.*

rancour
Bitterness or resentfulness, especially when long standing.
*He spoke without rancour.*

resentment
Bitter indignation at having been treated unfairly.
*Some people harbour resentments going back many years.*

tantrum
An uncontrolled outburst of anger and frustration, typically in a young child.
*She threw a tantrum.*

tragic
Relating to tragedy in a literary work.
*A tragic plight.*

unleash
Release (a dog) from a leash.
*They dig up badger setts and unleash terriers into them.*

wrath
Intense anger (usually on an epic scale).
*He hid his pipe for fear of incurring his father's wrath.*