

Need another word that means the same as “trauma”? Find 31 synonyms and 30 related words for “trauma” in this overview.

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The synonyms of “Trauma” are: harm, hurt, injury, psychic trauma, torment, agony, suffering, pain, shock, upheaval, distress, stress, strain, anguish, upset, misery, sorrow, grief, heartache, heartbreak, torture, damage, wound, wounding, sore, bruise, cut, laceration, lesion, abrasion, contusion

Trauma as a Noun

Definitions of "Trauma" as a noun

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

- *Physical injury.*
- *Emotional shock following a stressful event or a physical injury, which may lead to long-term neurosis.*
- *An emotional wound or shock often having long-lasting effects.*
- *A deeply distressing or disturbing experience.*
- *Any physical damage to the body caused by violence or accident or fracture etc.*



Synonyms of "Trauma" as a noun (31 Words)

abrasion	The process of scraping or wearing something away. <i>The metal is resistant to abrasion.</i>
agony	Extreme physical or mental suffering. <i>He crashed to the ground in agony.</i>
anguish	Extreme distress of body or mind. <i>Philip gave a cry of anguish.</i>
bruise	A mark indicating an area of damage on a fruit, vegetable, or plant. <i>His body was a mass of bruises after he had been attacked.</i>
contusion	A region of injured tissue or skin in which blood capillaries have been ruptured; a bruise. <i>Vigorously shaking the head back and forth can produce contusions to the soft structure of the brain.</i>
cut	A piece of meat that has been cut from an animal carcass. <i>Kellett was denied a century by edging a cut to wicketkeeper Burns.</i>
damage	Physical harm that impairs the value, usefulness, or normal function of something. <i>She was awarded 284 000 in damages.</i>
distress	A state of physical strain, especially difficulty in breathing. <i>A company in financial distress.</i>
grief	Intense sorrow, especially caused by someone's death. <i>Time heals griefs and quarrels.</i>
harm	Actual or potential ill effects or danger. <i>It s unlikely to do much harm to the engine.</i>
heartache	Emotional anguish or grief, typically caused by the loss or absence of someone loved. <i>The familiar pang of heartache.</i>
heartbreak	Overwhelming distress. <i>An unforgettable tale of joy and heartbreak.</i>
hurt	The act of damaging something or someone. <i>Her eyes reflected her unhappiness and hurt.</i>
injury	An instance of being injured. <i>An ankle injury.</i>
laceration	The action of criticizing someone severely. <i>His laceration of his fellow Democrat.</i>
lesion	A region in an organ or tissue which has suffered damage through injury or disease, such as a wound, ulcer, abscess, or tumour.

<u>misery</u>	A feeling of intense unhappiness. <i>The misery of the miner's existence.</i>
pain	Great care or trouble. <i>That kid is a terrible pain.</i>
psychic trauma	A person apparently sensitive to things beyond the natural range of perception.
shock	A pile of sheaves of grain set on end in a field to dry; stalks of Indian corn set up in a field. <i>Whole fields of wheat in shock.</i>
sore	A raw or painful place on the body. <i>There's no point raking over the past and opening old sores.</i>
<u>sorrow</u>	An event or circumstance that causes sorrow. <i>It was a great sorrow to her when they separated.</i>
strain	Deformation of a physical body under the action of applied forces. <i>She endured the stresses and strains of life.</i>
stress	The degree of stress measured in units of force per unit area. <i>He presided over the economy during the period of the greatest stress and danger.</i>
suffering	Psychological suffering. <i>His disregard for the sufferings of his fellow countrymen.</i>
torment	A feeling of intense annoyance caused by being tormented. <i>The torments of the damned.</i>
<u>torture</u>	Extreme mental distress. <i>A torture chamber.</i>
<u>upheaval</u>	A state of violent disturbance and disorder (as in politics or social conditions generally). <i>Major upheavals in the financial markets.</i>
upset	The act of upsetting something. <i>Everyone gets stomach upsets from time to time.</i>
<u>wound</u>	The act of inflicting a wound. <i>The right reader of a good poem can tell the moment it strikes him that he has taken an immortal wound that he will never get over it.</i>
wounding	The act of inflicting a wound.



Usage Examples of "Trauma" as a noun

- *Rupture of the diaphragm caused by blunt trauma.*
- *A personal trauma like the death of a child.*
- *The event is relived with all the accompanying trauma.*
- *Many experience the trauma of divorce.*



Associations of "Trauma" (30 Words)

abrasion

The wearing down of rock particles by friction due to water or wind or ice.
*The metal is resistant to **abrasion**.*

amnesia

A partial or total loss of memory.
*They were suffering from **amnesia**.*

ankle

Flex the ankles while cycling in order to increase pedalling efficiency.
*Jennie fell downstairs breaking her **ankle**.*

brain	That which is responsible for one's thoughts, feelings, and conscious brain functions; the seat of the faculty of reason. <i>She brained me with a rolling pin.</i>
bruise	Cause a bruise or bruises to appear on a fruit, vegetable, or plant. <i>The customer bruised the strawberries by squeezing them.</i>
concussion	Any violent blow. <i>He was carried off the pitch with concussion.</i>
contusion	The action of bruising. <i>The bruise resulted from a contusion.</i>
damaging	Having a detrimental effect on someone or something. <i>New cars are less damaging to the environment.</i>
dementia	A chronic or persistent disorder of the mental processes caused by brain disease or injury and marked by memory disorders, personality changes, and impaired reasoning.
fatality	The quality of being able to cause death or fatal disasters. <i>A sense of fatality gripped her.</i>
hamstring	Cripple by cutting the hamstring. <i>He pulled a hamstring.</i>
hurt	Hurt the feelings of. <i>She hurt me when she did not include me among her guests.</i>
<u>impair</u>	Make imperfect. <i>A noisy job could permanently impair their hearing.</i>
injure	Suffer physical harm or damage to (a part of one's body). <i>The explosion injured several people.</i>
injurious	Harmful to living things. <i>Food which is injurious to health.</i>
injury	Wrongdoing that violates another's rights and is unjustly inflicted. <i>She suffered an injury to her back.</i>
lacerate	Tear or make deep cuts in (flesh or skin). <i>Lacerate leaves.</i>
<u>mental</u>	Mad; insane. <i>Mental health.</i>
<u>psychological</u>	Relating to psychology. <i>Psychological warfare.</i>
<u>scar</u>	Mark with a scar. <i>The skin disease scarred his face permanently.</i>

<u>scarred</u>	Deeply affected or marked by mental or physical pain or injury. <i>Could her scarred mind ever be free of fear.</i>
sprain	The result of spraining a joint. <i>A compress for treating sprains and bruises.</i>
suffer	Undergo or suffer. <i>Many saints suffered martyrdom.</i>
<u>throes</u>	Intense or violent pain and struggle, especially accompanying birth, death, or great change. <i>Death throes.</i>
<u>traumatic</u>	Psychologically painful. <i>Few experiences are more traumatic than losing a child.</i>
twinge	A sudden, sharp localized pain. <i>He felt a twinge in his knee.</i>
unrepaired	Not repaired; unmended, unrestored.
vitiate	Make imperfect. <i>The insurance is vitiated because of foolish acts on the part of the tenant.</i>
<u>wound</u>	Inflict a wound on. <i>The sergeant was seriously wounded.</i>

