

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)

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

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

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

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



