

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

Table Of Contents:

- [Traumatic as an Adjective](#)
- [Definitions of "Traumatic" as an adjective](#)
- [Synonyms of "Traumatic" as an adjective \(30 Words\)](#)
- [Usage Examples of "Traumatic" as an adjective](#)
- [Associations of "Traumatic" \(30 Words\)](#)

The synonyms of “Traumatic” are: disturbing, shocking, distressing, disquieting, upsetting, damaging, injurious, harmful, hurtful, painful, agonizing, awful, chilling, alarming, devastating, harrowing, excruciating, horrifying, terrifying, stressful, demanding, trying, taxing, terrible, bad, unpleasant, disagreeable, irksome, troublesome, vexatious

Traumatic as an Adjective

Definitions of "Traumatic" as an adjective

According to the [Oxford Dictionary of English](#), “traumatic” as an adjective can have the following definitions:

- *Of or relating to a physical injury or wound to the body.*
- *Psychologically painful.*
- *Psychologically painful.*
- *Deeply disturbing or distressing.*
- *Relating to or causing psychological trauma.*
- *Relating to or denoting physical injury.*



Synonyms of "Traumatic" as an adjective (30 Words)

- agonizing** Causing great physical or mental pain.
*An **agonizing** death.*
- alarming** Frightening because of an awareness of danger.
*Our countryside is disappearing at an **alarming** rate.*
- awful** Inspired by a feeling of fearful wonderment or reverence.
*I felt **awful** for being so angry with him.*
- bad** Feeling physical discomfort or pain though is occasionally used colloquially for bad.
*A **bad** recital.*
- chilling** Horrifying or frightening.
*A **chilling** account of the prisoners fate.*
- damaging** (sometimes followed by `to') causing harm or injury.
***Damaging** to career and reputation.*

demanding	(of a person) making others work hard or meet high standards; not easily satisfied. <i>A baby can be so demanding.</i>
devastating	Physically or spiritually devastating often used in combination. <i>She had a devastating wit.</i>
disagreeable	Not agreeing with your tastes or expectations. <i>Henry was always a very disagreeable boy.</i>
disquieting	Inducing feelings of anxiety or worry. <i>The disquieting sounds of nearby gunfire.</i>
distressing	Causing anxiety, sorrow or pain; upsetting. <i>Distressing or disturbing news.</i>
disturbing	Causing anxiety; worrying. <i>A disturbing amount of crime.</i>
excruciating	Extremely painful. <i>Excruciating back pain.</i>
harmful	Causing or capable of causing harm. <i>Too much sun is harmful to the skin.</i>
harrowing	Acutely distressing. <i>It was a harrowing experience.</i>
horrifying	Provoking horror. <i>A horrifying incident.</i>
hurtful	Causing hurt. <i>Her hurtful unconsidered words.</i>
injurious	(of language) maliciously insulting; libellous. <i>Food which is injurious to health.</i>
irksome	So lacking in interest as to cause mental weariness. <i>An irksome journey.</i>
painful	Causing physical or psychological pain. <i>Their attempts at reggae are painful.</i>
shocking	Causing a feeling of surprise and dismay. <i>She brought shocking news.</i>
stressful	Extremely irritating to the nerves. <i>The stressful days before a war.</i>
taxing	Not easily borne; wearing. <i>They find the work too taxing.</i>
terrible	Intensely or extremely bad or unpleasant in degree or quality. <i>The stranger gave a terrible smile.</i>

<u>terrifying</u>	Causing extreme terror. <i>The terrifying events of the past few weeks.</i>
<u>troublesome</u>	Causing difficulty or annoyance. <i>A troublesome situation.</i>
trying	Extremely irritating to the nerves. <i>Fell upon trying times.</i>
<u>unpleasant</u>	Offensive or disagreeable; causing discomfort or unhappiness. <i>An unpleasant smell.</i>
upsetting	Causing unhappiness, disappointment, or worry. <i>A painful and upsetting divorce.</i>
<u>vexatious</u>	Denoting an action or the bringer of an action that is brought without sufficient grounds for winning, purely to cause annoyance to the defendant. <i>A frivolous or vexatious litigant.</i>



Usage Examples of "Traumatic" as an adjective

- *She is remembering some deeply traumatic incident in her past.*

- *Few experiences are more traumatic than losing a child.*
- *She was going through a traumatic divorce.*



Associations of "Traumatic" (30 Words)

accident	The working of fortune; chance. <i>He had an accident at the factory.</i>
aching	A dull persistent (usually moderately intense) pain. <i>The cool air was a relief to my aching head.</i>
amnesia	A partial or total loss of memory. <i>They were suffering from amnesia.</i>
blow	Shape by blowing. <i>I d better blow.</i>
bruise	Inflict a bruise or bruises on a part of the body. <i>This remark really bruised my ego.</i>

cataclysm	A large-scale and violent event in the natural world. <i>The cataclysm at the end of the Cretaceous Period.</i>
concussion	Temporary unconsciousness or confusion caused by a blow on the head. <i>He was carried off the pitch with concussion.</i>
damage	Suffer or be susceptible to damage. <i>The damage to his reputation was considerable.</i>
damaged	Being unjustly brought into disrepute. <i>The storm left a wake of badly damaged buildings.</i>
dementia	Mental deterioration of organic or functional origin.
<u>episode</u>	A brief section of a literary or dramatic work that forms part of a connected series. <i>The whole episode has been a major embarrassment.</i>
event	A thing that happens or takes place, especially one of importance. <i>He acted very wise after the event.</i>
fatality	Helplessness in the face of fate. <i>A sense of fatality gripped her.</i>
forgetfulness	Lapse of memory. <i>She teased him for his forgetfulness.</i>
<u>hallucination</u>	An experience involving the apparent perception of something not present. <i>His dreams of vast wealth are a hallucination.</i>
happen	Happen occur or be the case in the course of events or by chance Santayana. <i>Do you happen to know who her doctor is.</i>
happening	An event that happens. <i>A happening neighbourhood.</i>
hurt	Hurt the feelings of. <i>My back hurts.</i>
<u>incident</u>	A single distinct event. <i>The road will bring other incidental advantages.</i>
incidental	An item that is incidental. <i>The road will bring other incidental advantages.</i>
injury	An instance of being injured. <i>All escaped without serious injury.</i>
lacerate	Criticize forcefully or severely. <i>Her true venom seems reserved for the media itself as she lacerates our obsession with celebrity.</i>

neurophysiology	The branch of neuroscience that studies the physiology of the nervous system.
<u>oblivion</u>	The state of being disregarded or forgotten. <i>He sought the great oblivion of sleep.</i>
occur	Happen; take place. <i>Sexism occurs in many workplaces.</i>
<u>painful</u>	Causing physical pain. <i>Her ankle was very painful.</i>
shock	Affect with physiological shock or with an electric shock. <i>Rackets today don't bend or absorb shock the way wooden rackets do.</i>
suffer	Undergo or suffer. <i>My conscience would not suffer me to accept any more.</i>
<u>trauma</u>	Emotional shock following a stressful event or a physical injury, which may lead to long-term neurosis. <i>Rupture of the diaphragm caused by blunt trauma.</i>
<u>unintentionally</u>	Not on purpose. <i>Unintentionally rude song lyrics.</i>

