

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

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**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.*

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

<b><u>terrifying</u></b>	Causing extreme terror. <i>The <b>terrifying</b> events of the past few weeks.</i>
<b><u>troublesome</u></b>	Causing difficulty or annoyance. <i>A <b>troublesome</b> situation.</i>
<b>trying</b>	Extremely irritating to the nerves. <i>Fell upon <b>trying</b> times.</i>
<b><u>unpleasant</u></b>	Offensive or disagreeable; causing discomfort or unhappiness. <i>An <b>unpleasant</b> smell.</i>
<b>upsetting</b>	Causing unhappiness, disappointment, or worry. <i>A painful and <b>upsetting</b> divorce.</i>
<b><u>vexatious</u></b>	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 <b>vexatious</b> 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)

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

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

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

