

# cathartic *(ca-thar-tic)*

## Definition

adj. providing emotional relief or purification.

## Example Sentence

She thought the reunion was a painful as well as **cathartic** experience.

## More Example Sentences

Writing can be a **cathartic** experience for many.

## Synonyms

cleansing; purging; freeing

## Antonyms

inhibiting; suppressing; constraining

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