

# harrowing

 (*har-row-ing*)

## Definition

adj. very upsetting or distressing to experience.

## Example Sentence

The farmer spent several days **harrowing** his fields.

## More Example Sentences

She found the news to be quite **harrowing**.

## Synonyms

distressing; painful; traumatic

## Antonyms

comforting; soothing; pleasant

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