

# ABACTION

*Meaning: Abaction refers to the psychological process of expressing or discharging emotions, often through actions or behaviors, particularly in therapeutic contexts.*

1. Abaction is often considered a rare term in psychological discussions.
2. The concept of abaction can be confusing to those unfamiliar with its nuances.
3. During therapy, the patient experienced a moment of abaction that helped clarify their emotions.
4. Abaction refers to the process of discharging pent-up emotions through action.
5. Many therapists emphasize the importance of abaction as a mechanism for coping.
6. In moments of stress, abaction can serve as a healthy outlet for frustration.
7. The artist's work is a form of abaction, expressing feelings that words cannot convey.
8. Understanding abaction can lead to more effective emotional regulation strategies.
9. Abaction may manifest in various forms, from physical activity to creative expression.
10. In the context of psychotherapy, abaction is a valuable tool for healing and growth.

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