CATHARSIS

Meaning: Catharsis is the emotional release or relief that occurs through the expression or experience of strong feelings, often resulting in a sense of renewal or purification.

1. The film provided a catharsis for the audience, allowing them to experience a range of emotions.
2. After months of pent-up frustration, she finally found catharsis in her art.
3. His tears during the performance were a moment of catharsis that resonated with everyone in the room.
4. Writing in her journal became a form of catharsis, helping her process her feelings.
5. The therapy session turned into a catharsis for him, releasing years of suppressed grief.
6. Many people seek catharsis through music, finding solace in lyrics that reflect their struggles.
7. The novel's ending offered a profound catharsis, leaving readers both satisfied and contemplative.
8. Attending the support group became a catharsis for her, as she shared her story with others.
9. For some, physical exercise serves as a catharsis, clearing their minds and lifting their spirits.
10. The play was a powerful exploration of human emotions, ultimately leading to a catharsis for the characters.

Source: sentences.whatistheurl.com

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