CATHARTIC

Meaning: Cathartic refers to something that provides psychological relief or emotional cleansing, often through expression or release of pent-up feelings.

1. Writing in her journal proved to be a cathartic experience, allowing her to process her emotions fully.

2. After the intense workout, he felt a cathartic release of stress that had been building up all week.

3. Many people find that watching a sad movie can be a cathartic way to let out pent-up feelings.

4. The therapist suggested that talking about her trauma could be a cathartic step towards healing.

5. For him, painting was not just a hobby; it was a cathartic outlet for his innermost thoughts.

6. The cathartic effect of sharing their stories in the support group helped them bond and heal together.

7. She described the long walk along the beach as a cathartic journey that cleared her mind.

8. The cathartic scream in the empty field felt liberating after months of silence.

9. Participating in the community play became a cathartic release for her hidden anxieties.

10. The book's ending provided a cathartic resolution that left readers feeling both satisfied and reflective.

Source: sentences.whatistheurl.com

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