DYSPHORIA

Meaning: Dysphoria is a state of unease or dissatisfaction, often related to a mismatch between one's experienced identity and their physical or social circumstances.

1. Many individuals experiencing gender dysphoria find comfort in expressing their true identities.
2. The sudden onset of dysphoria can be overwhelming and leave a person feeling isolated.
3. Therapeutic support is often crucial for those navigating the challenges of dysphoria.
4. Recognizing dysphoria is the first step towards understanding and addressing one's emotional struggles.
5. Art can sometimes provide a powerful outlet for those grappling with feelings of dysphoria.

Source: sentences.whatistheurl.com

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