

# SUBLIMATION

*Meaning: Sublimation is the process in which a solid changes directly into a gas, or the transformation of personal experiences into creative expression.*

1. Sublimation occurs when a solid transitions directly into a gas without becoming a liquid.
2. The artist's work reflects a sublimation of her personal struggles into beautiful visual expressions.
3. In psychology, sublimation is considered a defense mechanism that channels unacceptable impulses into socially acceptable actions.
4. The sublimation of dry ice creates a dramatic fog effect in theatrical performances.
5. Understanding the process of sublimation can enhance our knowledge of phase changes in chemistry.

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