**Catharsis Worksheet**A Catharsis is an emotional discharge through which one can achieve a state of moral or spiritual renewal or achieve a state of liberation from anxiety and stress. Catharsis is a Greek word and it means cleansing.  In literature it is used for the cleansing of emotions of the characters. It can also be any other radical change that leads to emotional rejuvenation of a person. Catharsis provides psychological relief through the open expression of strong emotions.

*Answer the following question completely, demonstrating an understanding of the meaning and application of the idea of* ***catharsis****.*

1. Identify a moment in a piece of fiction (literary text, film, television series, etc.) that you found **cathartic**. What was your response to this moment? Why was it **cathartic**? Make sure to explain.

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