



xuān xiè

宣泄

Verb · Vent / Let out

Example Sentences

tā dà shēng chàng gē lái xuān xiè qíng xù
他大声唱歌来宣泄情绪。

He sang loudly to vent his emotions.

zài xīn lǐ zhì liáo zhōng huàn zhě bèi gǔ lì ān quán dì xuān xiè chuāng shāng jì yì
在心理治疗中，患者被鼓励安全地宣泄创伤记忆。

In psychotherapy, patients are encouraged to safely vent their traumatic memories.

nán dào jī liè de biàn lùn zhǐ shì wèi le xuān xiè gè rén de piān jiàn ma
难道激烈的辩论只是为了宣泄个人的偏见吗？

Is an intense debate merely for venting personal prejudices?

Trace each character, then write the word on your own.

宣	宣	宣	宣	宣	宣	宣	宣	宣	宣	宣
宣										
泄	泄	泄	泄	泄	泄	泄	泄	泄	泄	泄