

ABSTINENCE

Meaning: Abstinence is the practice of refraining from indulgence in certain activities or substances, particularly alcohol, for health or personal reasons.

1. Abstinence from alcohol can lead to significant health improvements.
2. Many people choose abstinence as a way to strengthen their personal relationships.
3. The program encourages abstinence as a means to foster self-control and discipline.
4. Abstinence during the recovery process is crucial for long-term success.
5. The discussion focused on the benefits of abstinence in achieving one's goals.
6. She practiced abstinence for a year to focus on her studies and career.
7. Abstinence can sometimes be misunderstood as a lack of enjoyment in life.
8. Some cultures promote abstinence before marriage as a traditional value.
9. He spoke about the power of abstinence in overcoming addiction to substances.
10. Abstinence is often taught in schools as part of sexual education programs.
11. Abstinence from alcohol can lead to better physical health and mental clarity.
12. Many people choose abstinence during certain religious observances to demonstrate their devotion.
13. She practiced abstinence from social media to focus more on her studies.
14. The organization promotes abstinence as a way to prevent the spread of sexually transmitted infections.
15. His commitment to abstinence during the training period helped him improve his athletic performance.
16. Abstinence can be a personal choice driven by various cultural or moral beliefs.
17. The campaign highlights the benefits of abstinence for young people in making informed decisions.
18. In some cultures, abstinence is seen as a rite of passage into adulthood.
19. They discussed the importance of abstinence in their health education class.

20. Abstinence is often recommended as a strategy for managing certain addictions.

Source: sentences.whatistheurl.com

<https://sentences.whatistheurl.com/sentence/abstinence>