

ABSTINENT

Meaning: Abstinent: refraining from indulging in certain pleasures or activities, particularly in relation to food, drink, or sexual relations, often for spiritual or health reasons.

1. She remained abstinent during the month of Ramadan, focusing on spiritual growth.
 2. After realizing the negative impact of alcohol on his life, he decided to become abstinent.
 3. The abstinent lifestyle he chose allowed him to save money and improve his health.
 4. Many people admire her for being abstinent and committed to her personal goals.
 5. He spoke openly about the challenges of being abstinent in a society that often encourages excess.
 6. Their abstinent approach to dating helped them build a strong emotional connection first.
 7. As an abstinent advocate, she often shares her journey with young adults seeking guidance.
 8. He felt that being abstinent brought him clarity and a better understanding of himself.
 9. The group supported each other in their choice to remain abstinent from substances.
 10. Being abstinent gave her the freedom to focus on her studies without distractions.
 11. He remained abstinent during Lent, focusing on spiritual growth.
 12. Many people choose to be abstinent as part of their commitment to a healthier lifestyle.
 13. She admired his abstinent lifestyle, which emphasized moderation and self-control.
 14. The group encouraged its members to stay abstinent from alcohol for the entire month.
 15. Being abstinent allowed him to channel his energy into his studies and personal goals.
 16. She felt a sense of pride in being abstinent, knowing it aligned with her values.
 17. The abstinent choice was difficult at times, but it ultimately brought her peace.
 18. They organized a seminar on the benefits of being abstinent and its impact on mental health.
 19. His abstinent approach to dating helped him avoid unnecessary heartbreak.
 20. Abstinent individuals often report stronger emotional connections in their relationships.
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