

ASSUAGEMENT

Meaning: Assuagement is the act of alleviating or calming feelings of distress or anxiety.

1. The comforting words of her friend provided a sense of assuagement during a difficult time.
2. After the heated argument, he sought assuagement through a heartfelt apology.
3. The therapist's guidance offered an assuagement of her anxieties about the future.
4. In moments of grief, music often serves as a source of assuagement for many people.
5. The community's support was a form of assuagement that helped the family cope with their loss.
6. She found assuagement in volunteering, channeling her energy into helping others.
7. His reassurances were a much-needed assuagement in the face of uncertainty.
8. The novel provided an assuagement for her restless spirit, transporting her to another world.
9. After the storm passed, the calm that followed was a true assuagement of her fears.
10. He realized that self-care practices could be a powerful form of emotional assuagement.

Source: sentences.whatistheurl.com

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