

CONSTRICT

Meaning: Constrict: to tighten or squeeze firmly, often causing a reduction in size or volume.

1. The snake began to constrict its prey, tightening its grip with every passing second.
2. As the temperature dropped, the metal began to constrict and warp slightly.
3. Fear can cause our minds to constrict, making it difficult to think clearly in stressful situations.
4. To improve circulation, it's essential to avoid clothing that constricts blood flow.
5. The muscles in his throat began to constrict as he struggled to swallow his anxiety.

Source: sentences.whatistheurl.com

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