

DEBILITATING

Meaning: Debilitating refers to something that causes significant weakness or impairment, hindering normal functioning or well-being.

1. The flu can be a debilitating illness that leaves people feeling weak for weeks.
2. Chronic pain often has a debilitating effect on a person's mental health and daily life.
3. His debilitating anxiety made it difficult for him to engage socially or perform at work.
4. The debilitating effects of climate change are becoming increasingly evident around the world.
5. She found the debilitating challenges of her condition exhausting, yet she remained resilient.

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