

DISACCUSTOM

Meaning: Disaccustom: to free someone from a habitual practice or behavior.

1. It took her months to disaccustom herself from the late-night snacking habit.
2. The therapy aimed to disaccustom the children from their reliance on screens for entertainment.
3. He struggled to disaccustom his mind from the constant anxiety that had plagued him for years.
4. To improve his health, he needed to disaccustom himself from sugary drinks.
5. The coach worked hard to disaccustom the team from their old, ineffective strategies.

Source: sentences.whatistheurl.com

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