

DISASSOCIATE

Meaning: To disassociate means to separate or disconnect oneself from particular feelings, thoughts, or relationships.

1. It is often difficult to disassociate personal feelings from professional decisions.
2. The therapist encouraged her to disassociate from the toxic relationships in her life.
3. To move forward, he needed to disassociate his past mistakes from his current identity.
4. In therapy, clients learn to disassociate traumatic memories from their present experiences.
5. She found it challenging to disassociate the brand's reputation from her own feelings about the product.

Source: sentences.whatistheurl.com

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