DISBURDEN

Meaning: Disburden: to relieve oneself of a burden or weight, particularly in the context of sharing or confessing difficult emotions or secrets.

1. It was time to disburden herself of the heavy secrets she had been carrying for years.
2. He sought to disburden his conscience by confessing the truth to his family.
3. The charity's mission is to disburden those in poverty by providing essential resources.
4. In an effort to disburden the team of unnecessary tasks, the manager streamlined their workflow.
5. She felt a sense of relief as she worked to disburden her mind of negative thoughts.
6. She sought to disburden herself of the guilt that had weighed heavily on her conscience.
7. The therapist encouraged him to disburden his thoughts by sharing his feelings openly.
8. In an effort to disburden his mind, he took a long walk through the quiet woods.
9. The team worked together to disburden their workload, ensuring everyone contributed equally.
10. After the meeting, she felt relieved to disburden her concerns about the project’s direction.

Source: sentences.whatistheurl.com

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