

# DISCONNECT

*Meaning: Disconnect: to sever or interrupt a connection, particularly in relation to technology or power supply.*

1. Sometimes it's necessary to disconnect from technology to recharge your mind.
2. During the storm, we experienced a sudden disconnect from the power grid.
3. It's important to disconnect from toxic relationships for your mental well-being.
4. After the argument, there was a palpable disconnect between the two friends.
5. The therapist encouraged her to disconnect her self-worth from social media validation.

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*Source: [sentences.whatistheurl.com](https://sentences.whatistheurl.com)*

*<https://sentences.whatistheurl.com/sentence/disconnect>*