

# DISEMBARRASS

*Meaning: To disembarass means to free oneself or someone else from burdens, obligations, or unwarranted constraints.*

1. She needed to disembarass herself of the old expectations that weighed her down.
2. The lawyer worked tirelessly to disembarass his client from the unfounded charges.
3. In an effort to disembarass her mind, she took a long walk in the peaceful countryside.
4. He found it difficult to disembarass himself from the guilt of his past mistakes.
5. To truly move forward, one must first disembarass their life of toxic relationships.

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

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