

DISENGAGING

Meaning: Disengaging refers to the act of withdrawing or separating oneself from a situation, conversation, or thought process.

1. Disengaging from the conversation, she turned her attention to the book in her lap.
2. The therapist encouraged him to practice disengaging from negative thoughts.
3. After realizing the project was unfeasible, the team focused on disengaging their resources.
4. Disengaging from social media for a week helped her regain her focus and clarity.
5. He found it difficult to resist the urge to keep engaging, despite his goal of disengaging.

Source: sentences.whatistheurl.com

<https://sentences.whatistheurl.com/sentence/disengaging>