

DISESPOUSE

Meaning: Disespouse: to rid oneself of or reject previously held beliefs, feelings, or attachments.

1. The lawyer advised her to disespouse any lingering feelings before moving on with her life.
2. In his latest book, the philosopher argues that we must disespouse outdated beliefs to embrace new ideas.
3. To achieve personal growth, it's essential to disespouse toxic relationships that hold you back.
4. She found it difficult to disespouse the memories of her past, even when she knew they were weighing her down.
5. The therapist encouraged him to disespouse negative self-talk and embrace a more positive mindset.

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