

# REFRAINMENT

*Meaning: Refrainment refers to the act of deliberately avoiding or abstaining from certain behaviors or actions.*

1. The refrainment from excessive spending during the holidays helped her save money.
2. His conscious refrainment from gossip earned him the respect of his colleagues.
3. The therapist emphasized the importance of refrainment in managing addictive behaviors.
4. Refrainment from impulsive decisions can lead to better long-term outcomes.
5. The community's refrainment from violence during protests set a positive example for others.

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

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