

RESTRAIN

Meaning: Restrain: to hold back or control (emotions, actions, or movement) to prevent excess or escape.

1. She had to restrain her emotions during the tense meeting.
2. The police were forced to restrain the suspect to prevent him from fleeing.
3. He tried to restrain his laughter at the unexpected joke.
4. To improve his focus, he needed to restrain his impulses to check his phone.
5. The doctor advised her to restrain her physical activities while recovering from surgery.

Source: sentences.whatistheurl.com

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