

SELF-DENIAL

Meaning: Self-denial is the act of refraining from indulging in one's desires or feelings, often as a means of fostering personal growth or coping with difficult emotions.

1. Self-denial can often lead to personal growth and greater resilience.
2. In moments of crisis, his self-denial became a shield against overwhelming emotions.
3. Practicing self-denial might be challenging, but it can foster a deeper understanding of one's desires.
4. Her commitment to self-denial during the fasting period was both admirable and inspiring.
5. Self-denial is sometimes necessary to achieve long-term goals and aspirations.

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