

STRAIT-JACKET

Meaning: Strait-jacket: a restrictive condition or situation that limits freedom of expression or creativity.

1. The artist felt trapped in a creative strait-jacket, unable to express her true vision.
2. He likened the new corporate policies to a strait-jacket, stifling innovation and growth.
3. During the therapy session, she described her anxiety as a mental strait-jacket that restrained her from living freely.
4. The strict regulations acted like a strait-jacket on the young entrepreneur's ambitions.
5. In the movie, the character struggles against the metaphorical strait-jacket of societal expectations and norms.

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