

# UNBETHINK

*Meaning: Unbethink means to forget or dismiss something from one's mind, particularly a thought or memory that is distressing or unwelcome.*

1. He could hardly unbethink the harsh words she had said.
2. As I sat in silence, I tried to unbethink the mistakes of my past.
3. She found it difficult to unbethink the unpleasant encounter from earlier.
4. To move forward, he had to unbethink the doubts that plagued his mind.
5. In moments of reflection, it's essential to unbethink the negativity that weighs us down.

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

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