

UNBRACE

Meaning: Unbrace: to release oneself from constraints, expectations, or emotional burdens.

1. She decided to unbrace herself from the expectations of others and pursue her own dreams.
2. As he began to unbrace the tight grip of anxiety, he felt an unexpected sense of freedom.
3. In the midst of the chaos, it was time to unbrace the burdens that had held her back for so long.
4. The decision to unbrace their past mistakes allowed them to move forward with renewed hope.
5. After years of pressure, he chose to unbrace his ambitions and focus on what truly made him happy.

Source: sentences.whatistheurl.com

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