

UNBURDEN

Meaning: To unburden means to relieve oneself of worries or burdens by expressing or sharing one's thoughts and feelings.

1. She felt a sense of relief as she began to unburden herself by sharing her deepest fears.
2. The therapist encouraged him to unburden his thoughts during their sessions to promote healing.
3. After years of keeping secrets, she decided it was time to unburden her soul to her closest friend.
4. He found solace in writing, using it as a way to unburden his mind from the weight of his worries.
5. The support group was a safe space where members could unburden themselves without judgment.

Source: sentences.whatistheurl.com

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