

UNBURTHEN

Meaning: Unburthen (verb): to relieve oneself of burdensome thoughts or feelings by sharing them with someone else.

1. She felt the need to unburthen her thoughts after a long day at work.
2. In a moment of vulnerability, he chose to unburthen his fears to his closest friend.
3. The therapist encouraged her patients to unburthen their emotional baggage during sessions.
4. He found solace in writing, using the pen to unburthen his deepest regrets.
5. After years of silence, she finally decided to unburthen the truth about her past.

Source: sentences.whatistheurl.com

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