

# UNFRET

*Meaning: To unfret means to stop worrying or to relieve oneself of anxiety.*

1. It's important to unfret and focus on the positive aspects of the situation.
2. She tried to unfret herself about the upcoming exam, reminding herself that she was prepared.
3. In moments of uncertainty, it's wise to unfret and trust in your abilities.
4. He took a deep breath to unfret, knowing that worrying wouldn't change the outcome.
5. To unfret is to embrace a sense of calm in the midst of chaos.

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

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