

# UNKNOT

*Meaning: To unknot means to untangle or free something that is tied or knotted.*

1. She struggled to unknot the tangled necklace that had been in her jewelry box for years.
2. After hours of trying, he finally managed to unknot the fishing line without breaking it.
3. The therapist taught her techniques to unknot the stress that had built up in her shoulders.
4. With a deep breath, she focused on how to unknot her thoughts before the big presentation.
5. The sailor skillfully used his hands to unknot the ropes that secured the boat to the dock.

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

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