

UNLEARN

Meaning: Unlearn: to discard or reject previously held beliefs or knowledge in order to adopt new perspectives or ideas.

1. To truly grow, sometimes we must unlearn the beliefs that have held us back.
2. She realized that to embrace new ideas, she had to unlearn her previous assumptions.
3. In order to adapt to the changing world, educators must encourage students to unlearn outdated practices.
4. Unlearning old habits can be just as challenging as learning new ones.
5. The workshop focused on helping participants unlearn negative thought patterns that hindered their creativity.

Source: sentences.whatistheurl.com

<https://sentences.whatistheurl.com/sentence/unlearn>