

UNLEARNED

Meaning: Unlearned: the process of discarding or letting go of previously acquired knowledge or beliefs, especially those that are outdated or no longer applicable.

1. The professor emphasized that sometimes we must unlearn outdated beliefs to embrace new ideas.
2. After years of rigid training, he found it challenging to unlearn the techniques that no longer served him.
3. In order to grow, she realized she needed to unlearn the fears instilled in her during childhood.
4. They encouraged the students to unlearn societal stereotypes and think critically about their assumptions.
5. The workshop focused on helping participants unlearn negative self-talk that hindered their confidence.

Source: sentences.whatistheurl.com

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