

# WEAKENER

*Meaning: A weakener is something that diminishes strength, effectiveness, or resilience, often by inducing relaxation or fatigue.*

1. The herbal tea served as a natural weakener, soothing her nerves after a long day.
2. In the context of sports, mental fatigue can act as a weakener, undermining an athlete's performance.
3. His lack of confidence was a weakener in negotiations, making it hard for him to assert his position.
4. The weakener in their friendship was lack of communication, leading to misunderstandings over time.
5. He believed that admitting his vulnerabilities was not a sign of weakness, but rather a strong weakener for personal growth.

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

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