

# abstinent *(ab-sti-nent)*

## Definition

adj. not indulging in certain pleasures or desires.

## Example Sentence

She is **abstinent** and does not drink alcohol.

## More Example Sentences

She chose to be **abstinent** for her health.

## Synonyms

self-controlled; restrained; sober

## Antonyms

indulgent; gluttonous; hedonistic

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