

# restraint *(re-straint)*

## Definition

n. a restraining or being restrained a restraining influence or action a means or instrument of restraining a loss or limitation of liberty; confinement control of emotions; impulses; etc; reserve; constraint

## Example Sentence

The police used forcible **restraint** in order to subdue the assailant.

## Synonyms

self-control; self-discipline; control; temperateness;  
prudence

## Antonyms

emotional; out of control

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