

# sternness *(stern-ness)*

## Definition

n. the quality of being serious or strict.

## Example Sentence

The **sternness** of his surroundings made him uncomfortable.

## More Example Sentences

The coach's **sternness** motivated the team to try harder.

## Synonyms

seriousness; severity; strictness

## Antonyms

gentleness; leniency; kindness

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