

# abstain (*ab-stain*)

## Definition

v. to choose not to do something or not to participate.

## Example Sentence

**Abstain** from eating junk food.

## More Example Sentences

Students should **abstain** from distractions while studying.

## Synonyms

refrain; withhold; decline

## Antonyms

participate; engage; join

Join thousands of students and teachers using Vocab Loco to master spelling and vocabulary through fun games, interactive activities, and engaging lessons. Make learning words an adventure!

[vocabloco.com](https://vocabloco.com)