

# constraining

## Definition

v. limiting or restricting someone or something.

## Example Sentence

The tight ropes were **constraining** my movement.

## More Example Sentences

**Constraining** choices can be frustrating sometimes.

## Synonyms

restricting; limiting; controlling

## Antonyms

allowing; freeing; enabling

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)