

# pent-up *(pent-up)*

## Definition

adj. held in and not expressed or released.

## Example Sentence

I have been **pent-up** in the office for over a year. Spelled with a hyphen.

## More Example Sentences

They had **pent-up** energy after staying inside.

## Synonyms

suppressed; restrained; bottled up

## Antonyms

released; expressed; unrestrained

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