

# restrains

## Definition

v. holds back or limits someone or something.

## Example Sentence

He **restrains** himself from eating too much candy.

## More Example Sentences

He **restrains** his excitement for the surprise.

## Synonyms

controls; limits; hinders

## Antonyms

releases; frees; allows

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)