

restraints

Definition

plural n. a restraining or being restrained a restraining influence or action a means or instrument of restraining a loss or limitation of liberty; confinement control of emotions; impulses; etc; reserve; constraint

Example Sentence

The use of physical **restraints** should be avoided wherever possible.

Synonyms

self-control; self-discipline; control; temperateness;
prudence

Antonyms

emotional; out of control

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