

# self-sufficiency

## Definition

n. the ability to provide for one's own needs without outside help.

## Example Sentence

He prided himself on his **self-sufficiency**, never asking others for help.

## More Example Sentences

**Self-sufficiency** helps us be more independent.

## Synonyms

independence; self-reliance; autonomy

## Antonyms

dependence; reliance; neediness

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