

constrained (*con-strained*)

Definition

adj. 1 to cause by physical moral or other compulsion; compel; oblige; 2 to hold back; restrain adj. forced; compelled.

Example Sentence

His sense of duty **constrained** him to speak out.

Synonyms

compel; embarrassed; stiff; strained; uneasy

Antonyms

easy; spontaneous

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