

# regress *(re-gress)*

## Definition

v. return to a former or less developed state; n. the action of returning to a former or less developed state

## Example Sentence

If you do not study spelling words your knowledge may **regress**.

## Synonyms

return; revert; change

## Antonyms

return; revert

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)