

**restraint**[rɪˈstreɪnt] *n*

1. 1) сдержанность  
to exercise restraint - *офици.* проявлять сдержанность  
we are reconciled but there is a restraint between us now - мы помирились, но теперь в наших отношениях появилась натянутость/отчуждённость/  
now we can converse with less restraint - теперь мы сможем поговорить более свободно /откровенно/
- 2) устройство, ограничивающее движение
- 3) сдержанность замкнутость; скованность, заторможенность (*чувств, поведения*)
2. ограничение, обуздание; принуждение, стеснение; сдерживающее начало *или* влияние  
restraint of /upon/ trade - ограничение торговли  
the restraints of poverty - тиски нужды  
to put a restraint upon smb.'s activity - ограничить чью-л. деятельность  
to impose restraint - вводить ограничение  
to break through every restraint - смести на своём пути все преграды  
without restraint - а) свободно; to act without restraint - иметь свободу действий; to speak without restraint - говорить свободно /не стесняясь/; б) без удержу, безудержно; to indulge in one's sorrow without restraint - безудержно предаваться горю
3. лишение свободы, заключение в тюрьму, сумасшедший дом *и т. п.*  
to put under restraint - посадить в сумасшедший дом

**restraint**

Oxford Advanced Learners Dictionary 8th Ed.

**re-straint** **AW** [restraint restraints] **BrE** [rɪˈstreɪnt] **NAme** [rɪˈstreɪnt] **noun**

1. **countable, usually plural** ~ (on sb/sth) a rule, a fact, an idea, etc. that limits or controls what people can do
  - The government has imposed export restraints on some products.
  - social restraints on drinking alcohol
2. **uncountable** the act of controlling or limiting sth because it is necessary or sensible to do so
  - wage restraint
  - They said that they would fight **without restraint** (= completely freely) for what they wanted.
3. **uncountable** the quality of behaving calmly and with control  
**Syn:** ↑self-control
  - The police appealed to the crowd for restraint.
  - He **exercised** considerable **restraint** in ignoring the insults.
4. **uncountable (formal)** the use of physical force to control sb who is behaving in a violent way
  - the physical restraint of prisoners
5. **countable (formal)** a type of ↑seat belt or safety device
  - Children must use an approved child restraint or adult seat belt.

Word Origin:

late Middle English: from Old French **restreinte**, feminine past participle of **restreindre** 'hold back', from Latin **restringere**, from **re-** 'back' + **stringere** 'to tie, pull tight'.

Thesaurus:**restraint** **noun** **U**

- He exercised considerable restraint in ignoring the insults.

**self-control** • • **self-discipline** • • **composure** • • **cool** • • **poise** • • **calm** •

**show** restraint/self-control/self-discipline/composure/poise

**exercise** restraint/self-control

**keep/lose** your self-control/composure/cool/poise

a **lack of** restraint/self-control/composure

**Which word?** **Self-control**, **composure**, **cool** and **poise** are qualities that you **have** and can **keep** or **lose** on particular occasions; **restraint** is more a matter of behaviour you can **exercise** **restraint** but it is not sth that you have, keep or lose:

- She struggled to keep her self-control.

✗ She struggled to keep her restraint.

Synonyms:**limit**

restriction • control • constraint • restraint • limitation

These are all words for sth that limits what you can do or what can happen.

**limit** • the greatest or smallest amount of sth that is allowed: ▫ The EU has set strict limits on pollution levels. ◊ ▫ the speed limit

**restriction** • (rather formal) a rule or law that limits what you can do: ▫ There are no restrictions on the amount of money you can withdraw.

**control** • (often in compounds) the act of limiting or managing sth; a method of doing this: ▫ arms control

**constraint** • (rather formal) a fact or decision that limits what you can do: ▫ We have to work within severe constraints of time and money.

**restraint** • (rather formal) a decision, a rule, an idea, etc. that limits what you can do; the act of limiting sth because it is necessary or sensible to do so: ▫ The government has imposed export restraints on some products. ◊ ▫ The unions are unlikely to accept any sort of wage restraint.

**limitation** • the act or process of limiting sth; a rule, fact or condition that limits sth: ▫ They would resist any limitation of their powers.

### restriction, constraint, restraint or limitation?

These are all things that limit what you can do. A **restriction** is rule or law that is made by sb in authority. A **constraint** is sth that exists rather than sth that is made, although it may exist as a result of sb's decision. A **restraint** is also sth that exists: it can exist outside yourself, as the result of sb else's decision; but it can also exist inside you, as a fear of what other people may think or as your own feeling about what is acceptable: ▫ moral/social/cultural restraints. A **limitation** is more general and can be a rule that sb makes or a fact or condition that exists.

limits/restrictions/controls/constraints/restraints/limitations **on** sth

limits/limitations **to** sth

**severe** limits/restrictions/controls/constraints/restraints/limitations

**tight** limits/restrictions/controls/constraints

to **impose/remove** limits/restrictions/controls/constraints/restraints/limitations

to **lift** restrictions/controls/constraints/restraints

### Example Bank:

- Finally he was able to cry properly, without restraint.
- He abandoned all restraint and yelled at the top of his lungs.
- Journalists have exercised remarkable restraint in not reporting all the sordid details of the case.
- Prices continued to rise without restraint.
- Somehow I had the restraint not to tell Peter that.
- Sometimes the care workers need to use physical restraint on the hospital patients.
- The government called for restraint by both sides.
- The government imposed restraints on spending.
- The media should have used more restraint in disclosing his private life.
- The role requires a certain restraint.
- They balked at the notion of prior restraints on research.
- They reacted with restraint.
- We did the best we could within the limited time restraints.
- What happens when the conventional restraints on human cruelty are removed?
- agreements on voluntary export restraints
- guilty of the charge of unlawful restraint
- talks on voluntary wage restraint
- the government's need to exercise fiscal restraint
- the mutual restraint shown by police and protesters.
- The unions are unlikely to accept any sort of wage restraint.
- There are certain social restraints on drinking alcohol.
- They said that they would fight without restraint for what they wanted.

## restraint

Longman DOCE 5th Ed. (En-En)

re|**straint** AC /rɪ'streɪnt/ BrE " AmE " noun

[Word Family: verb: ↑restrain; noun: ↑restraint; adjective: ↑restrained ≠ ↑unrestrained]

[Date: 1300-1400; Language: Old French; Origin: restreinte, from restreindre; ⇨ ↑restrain]

1. [uncountable] calm sensible controlled behaviour, especially in a situation when it is difficult to stay calm **SYN self-control**:  
" The police were praised for their restraint in handling the demonstrators.

**show/exercise restraint**

" He urged the millions of protesters to exercise restraint.

2. [countable usually plural, uncountable] a rule or principle that limits what people can do

**restraint on**

" Opposition politicians have called for restraints on public spending.

" The government has imposed restraints on corporate mergers.

3. [uncountable] **formal** physical force that is used to hold someone back, especially because they are likely to be violent:

" Sometimes police officers have to use physical restraint to control dangerous prisoners.

4. [countable] something that prevents someone from moving freely, such as a rope or a ↑**seat belt**

## restraint

Freakuency Pack

12500 **4863**<sup>MCW</sup>

15000 **2860**<sup>COCA</sup>

RANGE: **4k** **RESTRAIN** 9206

restrain 1270

restrained 1720

restraining 1283

restrains 105

restraint 3049

restraints 1399

unrestrained 380

COCA 500k Unlemmatized

2249 **10092**<sup>3040</sup> **nn1**

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