

Need another word that means the same as “abstemious”? Find 16 synonyms and 30 related words for “abstemious” in this overview.

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**The synonyms of “Abstemious” are: light, temperate, abstinent, austere, moderate, self-disciplined, self-denying, restrained, sober, ascetic, puritanical, spartan, strict, severe, self-abnegating, hair-shirt**

## Abstemious as an Adjective

### Definitions of "Abstemious" as an adjective

According to the [Oxford Dictionary of English](#), “abstemious” as an adjective can have the following definitions:

- *Indulging only very moderately in something, especially food and drink.*
- *Sparing in consumption of especially food and drink.*
- *Marked by temperance in indulgence.*
- *Sparing in consumption of especially food and drink- John Galsworthy.*

### Synonyms of "Abstemious" as an adjective (16 Words)

<b>abstinent</b>	Refraining from an activity or from the consumption of something, especially alcohol. <i>The patients are best advised to be totally <b>abstinent</b> from alcohol.</i>
<b>ascetic</b>	Pertaining to or characteristic of an ascetic or the practice of rigorous self discipline. <i><b>Ascetic</b> practices.</i>
<a href="#">austere</a>	(of living conditions or a way of life) having no comforts or luxuries. <i>A desert nomad s <b>austere</b> life.</i>

<b>hair-shirt</b>	Self-sacrificing or austere.
<b>light</b>	Having a considerable or sufficient amount of natural light not dark. <i>A <b>light</b> smoker.</i>
<b>moderate</b>	Being within reasonable or average limits; not excessive or extreme. <i>A <b>moderate</b> fine.</i>
<b>puritanical</b>	Of or relating to Puritans or Puritanism. <i>His <b>puritanical</b> parents saw any kind of pleasure as the road to damnation.</i>
<b>restrained</b>	Kept under control. <i>The drawings with their <b>restrained</b> colours give a feeling of peace and contemplation.</i>
<b>self-abnegating</b>	Used especially of behavior.
<b>self-denying</b>	Used especially of behavior.
<b>self-disciplined</b>	Used of nonindulgent persons.
<b>severe</b>	Severely simple. <i>The damage is not too <b>severe</b>.</i>
<b>sober</b>	Not affected by a chemical substance (especially alcohol). <i>His expression became <b>sober</b>.</i>
<b>spartan</b>	Resolute in the face of pain or danger or adversity. <i><b>Spartan</b> courage.</i>
<b>strict</b>	Characterized by strictness severity or restraint. <i>A <b>strict</b> upbringing.</i>
<b>temperate</b>	Relating to or denoting a region or climate characterized by mild temperatures. <i>A <b>temperate</b> response to an insult.</i>

## Usage Examples of "Abstemious" as an adjective

- *The pleasures of the table, never of much consequence to one naturally abstemious.*
- *'We only had a bottle.' 'Very abstemious of you.'*
- *Abstemious with the use of adverbs.*

## Associations of "Abstemious" (30 Words)

<b>abstinent</b>	Self-restraining; not indulging an appetite especially for food or drink. <i>The patients are best advised to be totally <b>abstinent</b> from alcohol.</i>
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<b>ascetic</b>	A person who follows an ascetic life. <i>Be systematically <b>ascetic</b> do something for no other reason than that you would rather not do it.</i>
<b>asperity</b>	Harshness of manner. <i>The <b>asperity</b> of northern winters.</i>
<b>austere</b>	Severely simple. <i>The cathedral is impressive in its <b>austere</b> simplicity.</i>
<b> censorship</b>	Counterintelligence achieved by banning or deleting any information of value to the enemy. <i>We have strict <b> censorship</b> laws.</i>
<b>contained</b>	Gotten under control. <i>The oil spill is <b>contained</b>.</i>
<b>controlled</b>	Having been limited in intensity or level; kept in check. <i>A sentence for possessing <b>controlled</b> substances.</i>
<b>disciplinary</b>	Relating to discipline in behavior. <i>A soldier will face <b>disciplinary</b> action after going absent without leave.</i>
<b>disciplined</b>	Obeying the rules. <i>The beautiful coordination of his <b>disciplined</b> muscles.</i>
<b>dominated</b>	Harassed by persistent nagging.
<b>enforcement</b>	The act of enforcing; ensuring observance of or obedience to. <i>The strict <b>enforcement</b> of environmental regulations.</i>
<b>extreme</b>	The highest or most extreme degree of something. <i>The <b>extreme</b> of applying for poor relief.</i>
<b>harsh</b>	Disagreeable to the senses. <i>Had <b>harsh</b> words.</i>
<b>manage</b>	Be the manager of a sports team or a performer. <i>We <b>manage</b> our cash extremely well.</i>
<b>martinet</b>	Someone who demands exact conformity to rules and forms. <i>A <b>martinet</b> of a staff officer.</i>
<b>moralist</b>	A person who behaves in a morally commendable way.
<b>pedant</b>	A person who is excessively concerned with minor details and rules or with displaying academic learning. <i>The royal palace some <b>pedants</b> would say the ex royal palace.</i>
<b>puritan</b>	A person with censorious moral beliefs, especially about self-indulgence and sex. <i>Don t be such a <b>puritan</b>.</i>

<b><u>refrain</u></b>	The part of a song where a soloist is joined by a group of singers. <i>He <b>refrained</b> from hitting him back.</i>
<b>regulate</b>	Check the emission of (sound). <i>This town likes to <b>regulate</b>.</i>
<b>remotely</b>	In the slightest degree. <i>The only <b>remotely</b> similar place in the country is in Palm Springs.</i>
<b><u>repression</u></b>	The act of repressing; control by holding down. <i>Children and adults pay a heavy price for their deep <b>repression</b> of thoughts about death.</i>
<b>restrained</b>	Characterized by reserve or moderation; unemotional or dispassionate. <i>The head and chest injuries that even <b>restrained</b> drivers can suffer through impact with the steering wheel.</i>
<b><u>rigorous</u></b>	(of a rule, system, etc.) strictly applied or adhered to. <i>A <b>rigorous</b> teetotaller.</i>
<b>rigour</b>	The quality of being valid and rigorous. <i>The full <b>rigour</b> of the law.</i>
<b><u>severe</u></b>	Severely simple. <i>A <b>severe</b> shortage of technicians.</i>
<b>spartan</b>	A resident of Sparta. <i><b>Spartan</b> courage.</i>
<b>strict</b>	Characterized by strictness severity or restraint. <i>Civil servants are bound by <b>strict</b> rules on secrecy.</i>
<b>stringency</b>	Conscientious attention to rules and details.
<b><u>understatement</u></b>	A statement that is restrained in ironic contrast to what might have been said. <i>To say I am delighted is an <b>understatement</b>.</i>