

Need another word that means the same as “moderation”? Find 21 synonyms and 30 related words for “moderation” in this overview.

Table Of Contents:

- [Moderation as a Noun](#)
- [Definitions of "Moderation" as a noun](#)
- [Synonyms of "Moderation" as a noun \(21 Words\)](#)
- [Usage Examples of "Moderation" as a noun](#)
- [Associations of "Moderation" \(30 Words\)](#)

**The synonyms of “Moderation” are: temperance, easing, relief, moderateness, mitigation, self-restraint, restraint, self-control, self-discipline, relaxation, easing off, reduction, abatement, weakening, slackening, diminution, lessening, decrease, lightening, subsidence, contraction**

## Moderation as a Noun

### Definitions of "Moderation" as a noun

According to the [Oxford Dictionary of English](#), “moderation” as a noun can have the following definitions:

- *The action of making something less extreme, intense, or violent.*
- *The action or process of moderating examination papers, results, or candidates.*
- *Quality of being moderate and avoiding extremes.*
- *The trait of avoiding excesses.*
- *The retardation of neutrons by a moderator.*
- *A change for the better.*
- *The action of lessening in severity or intensity.*
- *The first public examination in some faculties for the BA degree at Oxford University.*
- *The avoidance of excess or extremes, especially in one's behaviour or political opinions.*



## Synonyms of "Moderation" as a noun (21 Words)

<b>abatement</b>	The action of abating or being abated; ending or subsiding. <i>Laws enforcing noise <b>abatement</b>.</i>
<b><u>contraction</u></b>	A word formed from two or more words by omitting or combining some sounds. <i>O clock is a <b>contraction</b> of of the clock.</i>
<b>decrease</b>	The amount by which something decreases. <i>The rate of <b>decrease</b> became greater.</i>
<b><u>diminution</u></b>	The act of decreasing or reducing something. <i>A permanent <b>diminution</b> in value.</i>
<b>easing</b>	A change for the better.
<b>easing off</b>	Freedom from activity (work or strain or responsibility).
<b>lessening</b>	A change downward.

<b>lightening</b>	A drop in the level of the uterus during the last weeks of pregnancy as the head of the fetus engages in the pelvis.
<b>mitigation</b>	The action of reducing the severity, seriousness, or painfulness of something. <i>The identification and <b>mitigation</b> of pollution.</i>
<b>moderateness</b>	Quality of being moderate and avoiding extremes.
<b>reduction</b>	A thing that is made smaller or less in size or amount. <i>Special <b>reductions</b> on knitwear.</i>
<b>relaxation</b>	The gradual lengthening of inactive muscle or muscle fibers. <i>I guided my patient into a state of hypnotic <b>relaxation</b>.</i>
<b>relief</b>	A representation of relief given by an arrangement of line or colour or shading. <i><b>Relief</b> workers.</i>
<b>restraint</b>	The action of keeping someone or something under control. <i>The room was simply decorated with great <b>restraint</b>.</i>
<b>self-control</b>	The act of denying yourself controlling your impulses.
<b>self-discipline</b>	The trait of practicing self discipline.
<b>self-restraint</b>	Exhibiting restraint imposed on the self.
<b>slackening</b>	An occurrence of control or strength weakening. <i>The <b>slackening</b> of the wind.</i>
<b>subsidence</b>	An abatement in intensity or degree (as in the manifestations of a disease). <i><b>Subsidence</b> damage.</i>
<b><u>temperance</u></b>	The trait of avoiding excesses. <i>The <b>temperance</b> movement.</i>
<b>weakening</b>	Becoming weaker.



### **Usage Examples of "Moderation" as a noun**

- *Coursework may need to be filed separately for the purposes of moderation.*
- *The object being control or moderation of economic depressions.*
- *He urged the police to show moderation.*
- *He took firsts in classical honour Moderations.*
- *The union's approach was based on increased dialogue and the moderation of demands.*





## Associations of "Moderation" (30 Words)

<b>abstinence</b>	Act or practice of refraining from indulging an appetite. <i><b>Abstinence</b> from premarital intercourse.</i>
<b>adequacy</b>	The quality of being sufficient for the end in view. <i>He questioned the <b>adequacy</b> of the usual sentimental interpretation of the Golden Rule.</i>
<b>adequate</b>	Satisfactory or acceptable in quality or quantity. <i>She had <b>adequate</b> training.</i>
<b>analgesic</b>	An analgesic drug. <i>An <b>analgesic</b> effect.</i>
<b>anodyne</b>	Capable of relieving pain. <i>An <b>anodyne</b> to the misery she had put him through.</i>
<b>apposite</b>	Apt in the circumstances or in relation to something. <i>The successful copywriter is a master of <b>apposite</b> and evocative verbal images.</i>
<b>appropriate</b>	Suitable or proper in the circumstances. <i>This isn't the <b>appropriate</b> time or place.</i>
<b>aspirin</b>	The acetylated derivative of salicylic acid; used as an analgesic anti-inflammatory drug (trade names Bayer, Empirin, and St. Joseph) usually taken in tablet form; used as an antipyretic; slows clotting of the blood by poisoning platelets.
<b>befitting</b>	Appropriate to. <i>A country which can run the prestigious tournament in a <b>befitting</b> manner.</i>
<b>congruous</b>	In agreement or harmony. <i>This explanation is <b>congruous</b> with earlier observations.</i>
<b>continence</b>	Voluntary control over urinary and fecal discharge. <i>You can improve your <b>continence</b> by strengthening the muscles of the pelvic floor.</i>
<b>controlled</b>	Restrained or managed or kept within certain bounds. <i>The office was in a state of <b>controlled</b> chaos.</i>
<b>downplay</b>	Represent as less significant or important. <i>This report <b>downplays</b> the seriousness of global warming.</i>
<b>eligible</b>	Having the right to do or obtain something; satisfying the appropriate conditions. <i>The world's most <b>eligible</b> bachelor.</i>

<b>enough</b>	An adequate quantity a quantity that is large enough to achieve a purpose. <i>He seems nice <b>enough</b>.</i>
<b>moderating</b>	Lessening in intensity or strength.
<b>narcotic</b>	Relating to or denoting narcotics or illegal drugs. <i>The substance has a mild <b>narcotic</b> effect.</i>
<b>painkiller</b>	A drug or a medicine for relieving pain.
<b>pertinence</b>	Relevance by virtue of being applicable to the matter at hand.
<b>pertinent</b>	Relevant or applicable to a particular matter; apposite. <i>A list of articles <b>pertinent</b> to the discussion.</i>
<b>prescription</b>	Available only with a doctor s written prescription. <i>He told the doctor that he had been taking his <b>prescription</b> regularly.</i>
<b>proper</b>	Having all the qualities typical of the thing specified. <i>He blotted his copybook good and <b>proper</b>.</i>
<b><u>refrain</u></b>	Stop oneself from doing something. <i>She <b>refrained</b> from comment.</i>
<b>relaxant</b>	A drug used to promote relaxation or reduce tension. <i>Sex can be a great <b>relaxant</b>.</i>
<b><u>stoicism</u></b>	An ancient Greek school of philosophy founded at Athens by Zeno of Citium. The school taught that virtue, the highest good, is based on knowledge; the wise live in harmony with the divine Reason (also identified with Fate and Providence) that governs nature, and are indifferent to the vicissitudes of fortune and to pleasure and pain.
<b><u>suitable</u></b>	Worthy of being chosen especially as a spouse. <i>The parents found the girl <b>suitable</b> for their son.</i>
<b>teetotalism</b>	Abstaining from alcohol.
<b><u>temperance</u></b>	The trait of avoiding excesses. <i>The <b>temperance</b> movement.</i>
<b><u>understatement</u></b>	The presentation of something as being smaller or less good or important than it really is. <i>A master of English <b>understatement</b>.</i>
<b>validation</b>	The cognitive process of establishing a valid proof. <i>New courses subject to <b>validation</b> include an MSc in Urban Forestry.</i>

