

Need another word that means the same as “refrain”? Find 7 synonyms and 30 related words for “refrain” in this overview.

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The synonyms of “Refrain” are: forbear, abstain, desist, hold back, stop oneself, withhold, chorus

Refrain as a Noun

Definitions of "Refrain" as a noun

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

- *The part of a song where a soloist is joined by a group of singers.*



Synonyms of "Refrain" as a noun (1 Word)

chorus A section of text spoken by the chorus in drama.
*Strong guitar driven songs with big big **choruses**.*

Refrain as a Verb

Definitions of "Refrain" as a verb

According to the [Oxford Dictionary of English](#), "refrain" as a verb can have the following definitions:

- *Stop oneself from doing something.*
- *Resist doing something.*
- *Choose not to consume.*

Synonyms of "Refrain" as a verb (6 Words)

abstain	Restrain oneself from doing or enjoying something. <i>Forty one voted with the Opposition and some sixty more abstained.</i>
desist	Choose not to consume. <i>Each pledged to desist from acts of sabotage.</i>
forbear	Refrain from doing. <i>She could not forbear weeping.</i>
hold back	To close within bounds limit or hold back from movement.
stop oneself	Stop and wait, as if awaiting further instructions or developments.
withhold	Hold back; refuse to hand over or share. <i>Elizabeth could no longer withhold her sentiments.</i>

Usage Examples of "Refrain" as a verb

- *She refrained from comment.*
- *He refrained from hitting him back.*

Associations of "Refrain" (30 Words)

abstain	Restrain oneself from doing or enjoying something. <i>She intends to abstain from sex before marriage.</i>
ascetic	Pertaining to or characteristic of an ascetic or the practice of rigorous self discipline. <i>Ascetic practices.</i>
continence	Self-restraint, especially with regard to sex. <i>You can improve your continence by strengthening the muscles of the pelvic floor.</i>
economy	A particular system or stage of an economy. <i>A free market economy.</i>
forbear	Refrain from doing or using (something). <i>She could not forbear weeping.</i>
frugal	Avoiding waste. <i>A frugal meal.</i>
frugality	The quality of being economical with money or food; thriftiness. <i>He scorned the finer things in life and valued frugality and simplicity.</i>

grudging	(of a person) reluctant or resentfully unwilling to give or allow something. <i>A grudging admirer.</i>
limit	Set or serve as a limit to. <i>The failure showed the limits of British power.</i>
measly	Contemptibly small in amount. <i>A measly tip.</i>
miser	A stingy hoarder of money and possessions often living miserably. <i>A typical miser he hid his money in the house in various places.</i>
miserly	(of a quantity) pitifully small or inadequate. <i>The prize for the winner will be a miserly 3 500.</i>
<u>moderation</u>	The action of lessening in severity or intensity. <i>Coursework may need to be filed separately for the purposes of moderation.</i>
niggard	Ungenerous niggardly.
niggardly	In a mean or meagre manner. <i>A niggardly shoestring budget.</i>
parsimonious	Excessively unwilling to spend. <i>Even the parsimonious Joe paid for drinks all round.</i>
parsimony	Extreme unwillingness to spend money or use resources. <i>A great tradition of public design has been shattered by government parsimony.</i>
patience	Any of various forms of card game for one player, the object of which is to use up all one's cards by forming particular arrangements and sequences. <i>You can find bargains if you have the patience to sift through the rubbish.</i>
restrain	Place limits on (extent or access). <i>All front seats must be equipped with seat belts which restrain the upper part of the body.</i>
restrict	Place under restrictions limit access to by law. <i>Some roads may have to be closed at peak times to restrict the number of visitors.</i>
scrimp	Be thrifty or parsimonious; economize. <i>Scratch and scrimp.</i>
skimp	Limit in quality or quantity. <i>Don't skimp on insurance when you book your holidays.</i>
stinginess	A lack of generosity; a general unwillingness to part with money.

stingy	Mean; ungenerous. <i>She practices economy without being stingy.</i>
<u>stint</u>	An individual's prescribed share of work. <i>His varied career included a stint as a magician.</i>
thriftiness	Frugality in the expenditure of money or resources.
tightwad	A miserly person. <i>He is a notorious tightwad.</i>
uncharitable	(of a person's behaviour or attitude towards others) unkind; unsympathetic. <i>All pious words and uncharitable deeds.</i>
<u>understatement</u>	A statement that is restrained in ironic contrast to what might have been said. <i>To say I am delighted is an understatement.</i>
withhold	Refuse to give (something that is due to or is desired by another). <i>My employer is withholding taxes.</i>