

Need another word that means the same as “unburden”? Find 5 synonyms for “unburden” in this overview.

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The synonyms of “Unburden” are: disburden, open one's heart, confess, tell all, tell one's all

Unburden as a Verb

Definitions of "Unburden" as a verb

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

- *Free or relieve (someone) of a burden.*
- *Relieve (someone) of something that is causing them anxiety or distress.*
- *Relieve (someone) of a burden.*
- *Take the burden off; remove the burden from.*

Synonyms of "Unburden" as a verb (5 Words)

confess	Confess to God in the presence of a priest as in the Catholic faith. <i>St Ambrose would weep bitter tears when confessing a sinner.</i>
disburden	Relieve (someone’s mind) of worries. <i>I decided to disburden myself of the task.</i>
open one's heart	Display the contents of a file or start an application as on a computer.
tell all	Give evidence.
tell one's all	Give evidence.

Usage Examples of "Unburden" as a verb

- *Unburden the donkey.*
- *The need to unburden yourself to someone who will listen.*