

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)

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

## Usage Examples of "Unburden" as a verb

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