



zì bá

自拔

verb · extricate oneself; free oneself

Example Sentences

Tā xiàn rù kùn jìng wú fǎ zì bá
他陷入困境，无法自拔。

He fell into trouble and couldn't extricate himself.

Zhè duàn gǎn qíng ràng tā shēn xiàn qí zhōng nán yǐ zì bá
这段感情让他深陷其中，难以自拔。

This relationship made him deeply trapped and hard to extricate himself.

Trace each character, then write the word on your own.

自	自	自	自	自	自	自	自	自		
拔	拔	拔	拔	拔	拔	拔	拔	拔	拔	拔