



è zhì

遏制

Verb · keep within limits; contain; suppress

Example Sentences

wǒ men bì xū è zhì zhè zhǒng bù fù zé rèn de yáo yán chuán bō
我们必须遏制这种不负责任的谣言传播。

We must contain the spread of this irresponsible rumor.

nǐ dǎ suàn rú hé è zhì zì jǐ guò dù xiāo fèi de chōng dòng ne
你打算如何遏制自己过度消费的冲动呢？

How do you plan to suppress your impulse to overspend?

wǒ dé è zhì yí xià zì jǐ de pí qì miǎn de yòu hé rén chǎo jià
我得遏制一下自己的脾气，免得又和人吵架。

I need to keep my temper in check to avoid arguing with people again.

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

遏	遏	遏	遏	遏	遏	遏	遏	遏	遏	遏
遏	遏	遏	遏							
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