



shì huái

释怀

verb · to let go (of a burden or resentment)

Example Sentences

tā zhōng yú duì guò qù de shì shì huái le
他终于对过去的事释怀了。

He finally let go of the past.

hé péng yǒu liáo guò zhī hòu wǒ xīn lǐ shì huái le hěn duō
和朋友聊过之后，我心里释怀了很多。

After talking with a friend, I felt much more
relieved inside.

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

释	释	释	释	释	释	释	释	释	释	释
释	释	释	释							
怀	怀	怀	怀	怀	怀	怀	怀	怀	怀	怀