

# Day 12: Respecting Boundaries



**A Guide by  
Shree's Essencia**

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# **Day 12: Respecting Boundaries**

**Theme: Setting and respecting boundaries with kindness and understanding.**

**Story: A Moment of Clarity**

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It was a warm, sunny afternoon when **Raghav, Avantika's grandfather**, sat on the porch, enjoying a quiet moment with his book. His daughter, Sita, had just dropped off Avantika after school. As usual, Avantika was bursting with energy, eager to spend time with her beloved grandfather.

*"Grandpa, let's play a game! I missed you today!"* she exclaimed, skipping toward him.

**Raghav** smiled at her enthusiasm but felt the weight of his responsibilities. The house had been busy lately, and his work was piling up. He glanced at the clock and realized that he needed some quiet time to finish a few tasks before dinner.

*"I'd love to play with you, Avantika, but I need to finish some work right now,"* **Raghav** said, his voice soft but firm, meeting her hopeful gaze with understanding.

**Avantika's** face fell, a little disappointed.

*"But Grandpa, you always say you're busy when I want to play!"*

**Raghav** paused, realizing this was the perfect opportunity to **set a boundary** with kindness.

*"I understand that you want to spend time with me," he said, placing a hand on her shoulder. "And I love spending time with you too. But right now, I really need to focus on my work. How about we play after dinner? I promise we'll have fun then."*

**Avantika** hesitated, a little deflated but thoughtful. After a moment, she smiled.

*"Okay, Grandpa, I'll wait until after dinner. We can have a special game time then!"*

**Raghav** felt relieved, grateful for the opportunity to **communicate his needs** with **clarity and compassion**. He knew this was an important lesson for **Avantika**, too—that **setting boundaries** wasn't about rejection but about balancing needs with **respect and care** for each other.

That evening, after dinner, they played a game together, sharing **laughter and bonding** over their favorite pastime. **Raghav** felt grateful for both the **quiet time** earlier and the joyful moments that followed.

## **Reflection**

Like **Raghav**, we may find ourselves needing to set boundaries in our relationships. **Boundaries** aren't about shutting others out; they're about maintaining a **healthy balance** between our **own needs** and the **needs of others**.

When **communicated with care**, **boundaries** ensure that we can **nurture relationships** without losing ourselves. When expressed with **compassion**, **boundaries** create space for **mutual respect, understanding, and connection**.

## Activity

### 1 Reflect

Think about a time when you **set a boundary or respected someone else's**.

- How did you feel in that moment—empowered, relieved, or maybe uncomfortable?
- What did it teach you about your own needs or the needs of others?
- How did it feel to express your needs or acknowledge someone else's needs?
- What impact did it have on your relationship?

## **2 Boundary Practice**

If you haven't already, try practicing **Nonviolent Communication (NVC)** today.

**When setting a boundary:**

- ✓ **Express your needs** without blame.
- ✓ Focus on how you feel and what you need for your well-being.

**When respecting someone's boundary:**

- ✓ Acknowledge it with kindness and empathy.
- ✓ Show that you truly understand their needs.

### **Why Boundaries Matter?**

✓ Boundaries allow us to take care of ourselves while also honoring the needs of others.

✓ They aren't walls; they are agreements that promote mutual respect and understanding.

✅ Boundaries protect our emotional space, ensuring we don't lose sight of our own well-being while nurturing the relationships that matter.

✅ When communicated with **clarity**, they help maintain a **healthy balance** between **individuality** and **togetherness**.


### Closing Thought

Just like **Raghav and Avantika** learned, boundaries are vital to **nurturing love, respect, and balance** in relationships.


By **setting and respecting boundaries** with kindness, we create space for **deeper understanding and stronger connections**.

✨ **Keep practicing self-respect while honoring others. Boundaries create space for understanding, love, and mutual care.** 💬❤️

## **Guided by the Bhagavad Gita**

 Krishna speaks of maintaining **balance and self-discipline** in Chapter 6, Verses 16-17, advising against extremes.

 He encourages us to **approach life with moderation**, honoring **our needs and the needs of others** in a way that nurtures harmony and inner peace.

 **Setting healthy boundaries, without blame or resentment**, is a practice of self-respect and respect for others.

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## Relevance

✓ **Boundaries protect emotional well-being** and create a foundation for **mutual respect and understanding.**

✓ Just as **balance** is vital to the practice of **yoga and life, respecting boundaries ensures that relationships remain healthy, fulfilling, and sustainable.**

*Thank you!*

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