

Day 17: Apology and Forgiveness in NVC



A Guide by
Shree's Essencia

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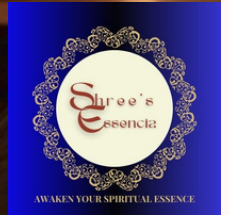
Theme: Apologize sincerely for any recent misunderstandings, focusing on your own feelings and needs, or accept an apology with compassion.

Story: A Healing Conversation

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It had been a long week, and the family had gathered for their usual **weekend dinner** at **Raj and Sita's house**. Avantika had been feeling off lately, and during dinner, a small disagreement with her **mother** had sparked a wave of **frustration**.

Sita had asked Avantika to help with **setting the table**, but Avantika, overwhelmed with her own emotions, had snapped back.

"I'm tired, Mom! Can't you ask someone else?" she had said, without thinking.

The words stung **Sita**, and the rest of the evening felt heavy. **Raj**, sensing the tension, decided to step in. After dinner, while the others cleaned up, he pulled **Avantika** aside in the **living room**.

"I know you're upset, sweetie. But how you spoke to Mom earlier didn't feel right. What was really going on?" he asked gently.

Avantika looked down, her emotions bubbling up.

"I felt so overwhelmed with everything happening this week, and I needed space to process. But I didn't know how to say that without sounding rude. I'm really sorry, Dad."

Raj nodded, offering his daughter a comforting smile.

"I understand, Avantika. We all have our moments. But it's important to share our feelings calmly and honestly so no one gets hurt."

Avantika felt the weight of her actions and turned to her **mother**, who was standing nearby.

"Mom, I'm really sorry for snapping at you earlier. I was stressed, and I should have expressed it differently. I didn't mean to hurt your feelings."

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Sita's expression softened. She had been hurt, but seeing the sincerity in Avantika's eyes allowed her to **forgive**.

"Thank you for saying that, Avantika. I know you were upset, and I appreciate your honesty. It's important that we talk things through."

Avantika smiled, feeling the **tension** lift from her shoulders.

"I'll try to express myself better next time," she promised.

Reflection

Like **Avantika**, we may find ourselves in situations where we need to **apologize or accept an apology**. Through the practice of **Nonviolent Communication (NVC)**, we focus on the **feelings** and **needs** behind our actions, not guilt or blame. By offering an **apology** with **compassion** and **listening** with **empathy**, we can heal **emotional wounds** and strengthen the **bond** in our relationships.

Activity

1. Reflection

Think about a recent situation where you either need to apologize or accept an apology. Reflect on how you felt and what you needed in that moment.

- Did you feel hurt, misunderstood, or frustrated?
- What did you need in that situation? Support? Space? A kind word?

2. Apology or Forgiveness Expression

Choose whether you will **offer an apology** or practice **accepting an apology** today.

If you are apologizing:

Focus on your **own feelings and needs**. Express your emotions without blaming the other person and explain what you needed.

☞ For example: *"I'm sorry for snapping earlier. I felt really stressed and needed support, but I didn't express that well."*

If you are accepting an apology:

Listen with **compassion**. Understand that the person is trying to reconnect by expressing their **feelings and needs**.

☞ For example: *"Thank you for apologizing. I know you didn't mean to hurt me, and I really appreciate your honesty."*

Why Apology and Forgiveness Matter?

In **Nonviolent Communication (NVC)**, apologies and forgiveness are not about guilt or shame. They are about **understanding** and **expressing our feelings and needs**. Offering and accepting **apologies** with **empathy** fosters **healing, growth,** and **deeper trust** within relationships.

Closing Thought

Just like **Avantika** chose to **apologize** and her **mother** chose to **forgive**, you too can use apology and **forgiveness to reconnect and heal**. These acts of **understanding** allow us to move forward in **love** and **compassion**, strengthening the **bonds** we share with those we care about.

Guided by the Bhagavad Gita

The **Bhagavad Gita** advocates **humility** and **emotional mastery**. In **Chapter 16, Verse 3**, **Krishna** describes **divine qualities** such as **forgiveness (kshama)**, **humility (amanitvam)**, and **self-control** as essential for **spiritual and relational well-being**. **Apologizing sincerely** and **forgiving wholeheartedly** helps **dissolve resentment**, **fostering inner peace** and **strong relationships**.

Relevance

Holding onto **grievances** builds walls, while forgiveness creates bridges. Practicing **atma-vichara (self-inquiry)** allows us to recognize our own **flaws** and approach others with compassion. By embracing the **guna of sattva (quality of goodness)**, we develop **patience** and the ability to **mend relationships with grace and understanding.**

Thank you!

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