

Sometimes I feel left out, when I see my fellow mates creating content, reels online, posting everything about their life, always on scrolling and chatting, but doesn't get the kick in that and finds it very idiotic actually. For a long time I thought I was being indifferent here, and not being able to be a TRUE gen-z. But then slowly I reflected and perceived that I was never indifferent but consciously detached from all these modern fuss and I have made peace with that cause I know my priorities.

The terms **Detachment** and **Indifference** are often mistakenly used interchangeably, yet they represent fundamentally different psychological states with vastly different impacts on our lives. Understanding this distinction is crucial for cultivating a healthier, more resilient approach to the world. And let me assure you beforehand that after reading it through a part of you would wanna detach.

At its core, indifference is a lack of interest, concern, or emotional engagement. It's a state of apathy where one simply doesn't care. Imagine someone shrugging off a problem that affects others, showing no emotional response or motivation to act. This person is indifferent. Indifference often leads to neglect, disengagement, and a diminished sense of purpose. It erodes empathy, isolates individuals, and can even contribute to societal stagnation when no one cares enough to address pressing issues. When you are indifferent, you are essentially closing yourself off from the world, failing to connect or contribute.

Thanks for reading! Subscribe for free to receive new posts and support my work.

The confusion between these two often arises because both can *appear* to involve a lack of overt emotional display. An indifferent person shows no emotion because they feel alone; a detached person might appear calm because they are processing emotions internally with clarity, choosing not to be swept away. Detachment after a threshold is where your tranquility and individuality begins. It allows for better decision-making, greater inner peace, and stronger relationships because you're able to love and contribute without clinging or fearing loss; it's about caring wisely, leading to a more purposeful, peaceful, and emotionally free existence. The building blocks of this detachment are Boundaries.

Boundaries define us. They define what is me and what is not me. A boundary shows me where I end, and someone else begins, leading me to a sense of ownership. Knowing what I am to own and take responsibility for gives me freedom - Henry Cloud

You, as an individual need a space of yours, to operate separately from the others. I didn't understand it earlier. Why do I want to be separated from others? But later realized that fundamentally we all act individually, but we have mingled our boundaries very badly to such an extent that we cannot act without hurting someone, or getting hurt by one; practically without involving someone else. A classic example of not having boundaries and its affect is portrayed on my article that I wrote few days back, you can read that here-

[READ the Article](#)

Just as a room needs four walls to define itself, we also need boundaries. Otherwise there can not be a 'I' among the multifarious emotions and behaviors. You will not be able to differentiate between what's yours and what's not. It helps me to dive into myself and bring back the answers, to know my worth, my value, my desires, my flaws, my strengths. I was in a relationship a few years back, it didn't work, cause I didn't know my boundaries. I was too damn emotionally demanding. Because of that a beautiful relationship was broken; me not knowing the fact that where to stop. And it happens with all of you, some of you acknowledge it, some don't.

Boundaries help put accountability on the correct shoulders. When you create a healthy boundary between you and the rest of the world, now you get the third person POV to decide the accountabilities; the ones that belong to you and the one that doesn't. In life we all have our own responsibilities towards our family, friends, partners etc. But there should be a limit beyond which you can't be held accountable. There must be a point after which **you should be selfish** (not if you wanna be a saint).

We often do this in our interpersonal relations; every relation has different ways of engaging, and ignorant of that we do it all the same way. It cannot be done that way, it will cause you anxiety, stress because then you will be carrying those responsibilities and accountabilities as a burden upon you. I feared that if I said NO, someone would get offended, or maybe I was seeking a payback, anyhow I didn't know my limits. I loosened my emotions, thoughts, physic, behavior, habits in my vicinity without any restrictions, the result was my depression, anxiety, FOMO etc.

Saying clearly and firmly to myself that beyond this 'I don't care' and within this 'its all me' is what makes you a respectable and valuable human being. Because not only ill oriented boundaries involve you in unwanted stress it also makes you non-beneficiary of what you deserve. In a sudden halt by the police in the middle of nowhere, when you know you aren't at fault and are carrying all the required documents, but still getting harassed; staying quiet and not asking the lawful questions which is your right, is an example of contraction of expected boundaries. These things happen because you fear, and why do you fear? cause you don't know your own values and definitions. A well defined boundary gives you that.

Until you start saying NO, and ASSERT your rights you will never get your peace, it will always be controlled by someone else. You must know what you can control and what you can not; that much self-awareness is necessary.

"I swear to God, the second I learned how to say 'no,' I felt that was the best anti-aging I could do for myself." - Gabrielle Union.

Normalize saying "No" without needing to over-explain yourself. If someone is offended by your boundaries, that's their problem. The best weight you'll ever lose is the weight of other people's opinions of you being 'you'.

If you are connected with my writing, and feel that this is something worth investing your time more, then you can subscribe to my account here. It will help me grow as well as keep you in touch with my content, and give you full access to it. I would be happy to welcome you on board on Achmon Folio.

Subscribe now

“If someone gets mad at you for creating a boundary, consider that a good sign that the boundary was necessary.” - Jenna Korf

Your time and energy are precious. You get to choose how to use it. You teach people how to treat you by treating them alike. Don't waste your energy doing other's thinking, save it. Within the sanctuary of your detached boundaries you will be recharged of what you have lost; you cannot truly show up for others if you have nowhere to retreat to for yourself.

The same goes for our emotions. The boundary we create doesn't specifically filter people or things, but it should also filter the emotions that you invoke in your daily practice. There are certain emotions, like too much anger, jealousy, negativity, anxiety, hatred, and many more that harms us on an internal level. One who is not in the practice of constant progression can never build boundaries, even if they do, it will be compromised soon. With time, our foundations (experience, perceptions, education etc) needs to be checked and if required the position or shape of the boundary needs to be rearranged. Be careful! Don't be deceived by your own ego.

Detachment by boundary is not about not caring; it's about not being affected or controlled by your emotions or external outcomes after a certain point of limit. Healthy detachment is a state of mindful distance, an ability to observe and engage with life without being overwhelmed or consumed by its ups and downs. Think of a skilled surgeon maintaining calm and focus during a complex operation. They deeply care about the patient's well-being, but they aren't letting anxiety or fear dictate their actions. This is healthy detachment. They have created the boundary firm enough to not to be distracted or pursued by the emotions like fear and hate and anger and sadness.

I have learned that, “Good fences make good neighbors.” (Healthy boundaries protect our well-being.) And who were the neighbours? Books; with an infinite amount of treasure to offer, Tranquility; the peace that everyone chases I have unceasingly coming, Captivity; isolation within myself has helped me bring my potentials to full strength and discover wonders.

In this era of doom-scrolling, I feel happy and content by my boundaries, because within these walls I have 'me', my neighbours. In the modern age boundaries are a necessary cause social media is the epitome of getting either indifferent or anxious; not having a sense of stopping - a boundary for consuming bullshit. And those gen-z reels truly don't get me tempted, cause I know the values where they lie. It means you can experience emotions fully - joy, sadness, anger - but these feelings don't dictate your responses or hijack your inner peace. You give your best efforts and care deeply about the process, but your well-being isn't solely dependent on a specific result, acknowledging that some things are simply beyond your control.

Thinking Out Loud. IF SOMETHING HERE LOOKS WRONG PLEASE CORRECT ME. SHARE YOUR THOUGHTS ON THIS WITH ME IN THE COMMENTS.

Thanks for reading! I hope you have enjoyed my views. This post is public so feel free to share it.