

## Spiritual Transformation: The Teshuvah Process

*The following are elaborations on themes developed by Michael Lerner in his book, Jewish Renewal.*

In each case, write down what part of a problem might have been generated by you, and what about the way you are in each relationship might have been a part (not the entirety) of the problem. How might you begin to work on that part during this teshuvah period?

What is spiritually out of alignment in my relationships with ...?

PROBLEM	WHAT YOU CONTRIBUTE TO IT
<i>Parents</i> 1. 2.	
<hr/> <i>Spouse, Lover, or Potentials</i> 1. 2.	
<hr/> <i>Friends</i> 1. 2.	
<hr/> <i>Children</i> 1. 2.	

### Did you show adequate respect for your body?

Did you care for your body this past year? If not, what didn't you do that you should have done?

<i>Eating</i>	<i>Clothing and Appearance</i>
<i>Exercise</i>	<i>Self-Presentation</i>
<i>Vacations</i>	<i>Quiet Time or Meditation</i>

### Are you giving real energy to Tikkun Olam, to healing and repairing the world?

*Which of our society's political, economic, or social institutions have destructive consequences to the environment, social justice, or our capacity to be loving and compassionate human beings?*

*What concrete steps have you taken to be involved? How will you face the coming years in which George Bush in the United States and Ariel Sharon in Israel pursue a political agenda at variance with your own? What will you personally do to change the status quo?*

*If you haven't been involved, what were the reasons you gave yourself? Which of those reasons presupposed a "surplus powerlessness" (a way in which you were actually assuming yourself less able to initiate things or take leadership than is "objectively" true)?*

*If you tried to be involved, and had hassles or disappointments with other people in the process, what were those and what part did you have in making or sustaining them? What did you do to confront the problems directly? If you tried to confront the problems and failed, did you give up or did you attempt to form another group addressing the same problems, but this time under your own leadership and direction? If not, what could you have done in this direction?*

*In what ways did you buy the message that "They will never listen," or "I can never get things to happen," or "I'm not powerful enough to start something so I'll wait for someone else to do it," or "Other people are too untogether or too immoral or too passive, so there's no point in me trying to mobilize them," or other similar messages?*

## Which of your personal traits need some work?

Do you find yourself sometimes exhibiting behaviors or traits that you wish were not there? Check which of these apply to you, and when, during the past year, they played a hurtful role in your life:

1. *Fear that others won't or don't like you*
2. *Self-denigration or lack of self-respect*
3. *Inability to express anger*
4. *Self-punishing or self-blame*
5. *Excessive criticalness toward others*
6. *Rejection of others' caring or love for you*
7. *Coldness or insensitivity to others*
8. *Paranoia*
9. *Depression*
10. *Excessive controlling of others*
11. *Confusion*
12. *Tardiness*
13. *Disorganization*
14. *Excessive focus on details or petty issues*
15. *Lying*
16. *Manipulating others*
17. *Disrespect toward others, subtly or overtly*
18. *Inability to let go*
19. \_\_\_\_\_
20. \_\_\_\_\_

Now, go over the lists of issues that have come up for you during this past year, and dedicate one or two days to each area during the coming *Teshuvah* period. Make a copy of this page for each area, so that you can fill in a separate one for each problem issue. Then, do the following:

**A.** *Imagine if you don't change some important aspect of this area. Now list some of the bad consequences (ro'a ha'zeyra) that might come to pass in the next few years if things stay the same as they have been*

**D.** *Who is already doing the good work and is your ally in this matter? Write out the name or names of those currently struggling with this issue. Write out a resolution to help, through*