

Cheshbon HaNefesh*Introspection and Silent Confession*

After each section, individuals may pause for personal reflection.

We stand together this day to confess our sins —
but these moments are mine.

In the privacy of my heart, I acknowledge the wrongs I have done;
pain I have given, intentionally and unintentionally;
my thoughtless, careless, heartless actions,
and my failure to do what was right.

I reflect on the harm I have done to myself:

through failure to care for my body and preserve my health;
through failure to develop my mind and grow in learning;
through failure to develop my spiritual life and seek God's presence;
through failure to maintain my integrity and remain faithful to my ideals;
through trying to meet my emotional needs in unhealthy ways;
through sexual irresponsibility;
through failure to manage my finances wisely;
through indulging in negative thinking, self-obsession, or self-denigration;
through closing myself off from others rather than reaching out;
through taking on too much and neglecting what matters most;
through using time in a way that does not reflect my true priorities;
through fear of change, stagnation, falling into routine. . . .

And I confess, as well, these acts of harming myself. . . .

I reflect on the harm I have done to my family and friends:

through my failure to listen with care, empathy, and compassion;
through my failure to give my time, attention, and energy to sustaining
important relationships;
through my failure to convey affection and respect, appreciation and gratitude;
through stubbornness, giving in to anger, or violence;
through my intolerance of imperfection in others;
through criticism, harsh judgment, and focusing on the negative;
through my failure to fulfill my responsibilities and sacred commitments;
through intrusiveness, over-involvement, or manipulation;
through gossip, tale-bearing, and failure to give the benefit of the doubt;

שְׁמַע קוֹלִנוּ
Sh'ma Koleinu

וְדוּי זוֹטָא
Vidui Zuta

וְדוּי רַבָּה
Vidui Rabbah

חֶשְׁבוֹן הַנֶּפֶשׁ
Cheshbon HaNefesh

כִּי אָנוּ עֲמֻדָּה
Ki Anu Amecha

שְׁמַע קוֹלִנוּ
Sh'ma Koleinu

Hear Our Call through withholding my deepest self, lying, and deceit;
 through my failure to forgive and let go of grudges;
 The Short Confession through neglect, impatience, or insensitivity toward my parents and other elders;
 The Long Confession through neglect, impatience, or insensitivity toward my children and other young people. . . .

Introspection and Silent Confession

And I confess, as well, these acts of harming family and friends . . .

We Are Your People

I reflect on the harm I have done to the world around me:

Hear Our Call through my failure to take time to educate myself about complex social problems;
 through my failure to do my part as an active citizen and make my voice heard;
 through resigning myself to the way things are, rather than working for change;
 through inappropriate or harmful sexual behavior;
 through succumbing to racism and disdaining those different from myself;
 through over-consumption, materialism, and self-indulgence;
 through my failure to respond with generosity to those in need;
 through my discourtesy, ill-temper, and impatience at work or in public settings;
 through dishonesty in my work or financial dealings;
 through breaking the law or bending the rules;
 through cynicism and abandoning hope. . . .

And I confess, as well, these acts of harming the world around me . . .

I reflect on the harm I have done to the Jewish people:

through my failure to make time for Jewish learning, worship, and mitzvot;
 through neglecting to do my part to carry on the tradition;
 through my reluctance to keep growing in my Jewish life and deepen my Jewish practice;
 through my failure to be a good Jewish role model for the children in my life;
 through gossip and harmful speech about members of our community;
 through taking from the community without giving back;
 through my indifference to Jews in need, here and around the world;
 through ignoring opportunities to visit, support, and educate myself about Israel;
 through my failure to exemplify the highest Jewish values and virtues. . . .

And I confess, as well, these acts of harming the Jewish people . . .