



**SHALOM BAYIT**  
Ending Domestic Violence in Jewish Homes

## Relationship Teshuvah for Rosh Hashanah

### REFLECTION | REPAIR | RENEWAL

We offer the following questions as a way to reflect on family or personal relationships in your life. Use them on your own or with a friend/partner/family member to deepen the dialogue as you begin the New Year:

- What is precious to me about this relationship?
- How does this relationship make me feel about myself?
- Where do I want to begin anew this year in this relationship?
- What changes in myself do I need to make in order to be the person I want to be?
- How do I want to be seen as a friend / partner / parent?
- Am I living up to that vision of myself?
- How can I be a better friend / partner / parent to you?
- What is one thing that you need from me?
- What is one thing we can work on together?
- What stands in the way of my being my full true self with you?
- How have I harmed you on purpose or inadvertently?
- What will I do in the coming year to change that behavior in myself?
- What old relationship patterns or stuck places can I release at Tashlich this year?
- What aspects of this relationship do I want to mend?
- What is the first step I will take towards doing that?
- What is one thing I can change to make our relationship healthier?
- Where do we need healing?

I see holiness in you when / because...

I treasure you when / because...

## Have fun & Shana Tovah!

*The above is meant for strengthening and sweetening interpersonal relationships that have a baseline of safety.*

**If you are in an abusive or unhealthy relationship and need support, please call (866) SHALOM-7.**