



TIKKUN HABRIET

THE HEALING OF THE COVENANT

Nurturing Healthier Marriages

Tikkun HaBriet Check-Up Program Workbook Feb 13, 2022

Print a copy for each participant at your location

For more information: Call 1-847-290-1880 or
visit our website www.tikkunhabriet.org
or email: info@tikkunHaBriet.org

Order of events for this Check UP

- ✚ Introduction of program
- ✚ Opening Prayer
- ✚ Introduction of the Building Blocks of a Healthy Marriage
 - Blocks that Fill our Tank
 - Blocks that support Communication
 - Blocks that Guide our Decisions
- ✚ A Game of Jenga with a twist
- ✚ The Couple Building Blocks Individual Analysis Exercise
- ✚ The Next steps – Are you a poster couple?
- ✚ Wrap Up
- ✚ Closing Prayer and Song

Opening Prayer

Dear God, Source of peace and lovingkindness, please watch over and protect all that I know and love as we take this time to affirm and reflect on our marriage and covenant as it was when you brought us together. May we be present in heart and mind as well open ourselves to new ideas and perspectives. May we be blessed with the sense of community and unity in our covenant with each other and with you. Amen

Building blocks to a healthier marriage.

Filling Your Tank

1. Spend quality and quantity **TIME TOGETHER**
2. Frequently **AFFIRM** each other
3. Celebrate each other's **UNIQUENESS and GROWTH**
4. Respect each other's expressions of **SPIRITUALITY**
5. Have a sense of **PLAY and HUMOR**
6. Value **INTIMACY** and having a satisfying **SEXUAL RELATIONSHIP**

Communications

7. **COMMUNICATE and LISTEN** easily and well
8. Approach **CONFLICT** constructively as a learning experience
9. Have **SHARED VALUES AND GOALS**
10. **FLEXIBLE and OPEN** to life as it happens

Decisions

11. **COMMITMENT** to your Covenant of marriage
12. Have a deep sense of **TRUST**
13. Continue to experience **FORGIVENESS**
14. Have a **SUPPORT SYSTEM** of others who encourage your marriage



Spend quality and quantity **TIME TOGETHER**

What do you do for yourself

QUALITY TIME

What do you do as a couple?

QUALITY TIME

QUANTITY TIME

QUANTITY TIME

Frequently **AFFIRM** each other

What do you want to say are some of your spouse's best attributes?

Brainstorm here:



Celebrate each other's **UNIQUENESS** and **GROWTH**

List 2 unique qualities or area of growth in yourself and your spouse

1.

2.

What actions or traditions could you use to celebrate each other?

1.

2.

Group Sharing Guidelines

The following is a list of reminders to follow for Group Sharing.

This will help to create a positive experience of the dynamics of Group Sharing.
Sharing opens us up to one another and strengthens us as a community.

- Sharing is always voluntary.
- You are not obligated to share after your spouse.
- Stay focused on the sharing question.
- Share only about yourself.
- Use only “I” statements.
- Let your spouse speak for himself/herself.
- Be honest, truthful, and kind.
- Sharing is always confidential: “What you hear in this room stays in this room.”
- Speak from your heart and listen with your heart.
- Be polite - don’t interrupt, criticize or try to fix someone else’s problems.
- Don’t ask questions about what others say, just listen.

FACILITATOR RESPONSIBILITIES:

- To help provide an opportunity for everyone to share
- Don’t allow an individual to dominate the sharing time
- Thank anyone who does share
- Trust the process, don’t try to control the outcome

Group sharing doesn’t just happen.

We all learn from each other’s sharing.

Respect each other's expressions of SPIRITUALITY

What does Respect sound Like?

What does Respect look like?

Space for your thoughts on Religion

Space for your thoughts on Spirituality



Have a sense of **PLAY** and **HUMOR**

Any ideas for ways to insert more play or humor into your couple's time?



Value **INTIMACY** and having a satisfying **SEXUAL** RELATIONSHIP





{Not to be shared except between you later}

What can you be doing to improve your intimacy?

Have you talked lately about your sexual relationship?

EFFECTIVE LISTENING SCALE

Use this scale as a guide to see whether or not you are giving your spouse healthy responses that promote good communication. Like anything, "Practice Makes Perfect."

WHEN MY SPOUSE SAYS SOMETHING AND I ...	THIS WOULD BE A	MY SPOUSE'S FEELINGS MIGHT BE
<ul style="list-style-type: none"> • reject or ridicule his/her feelings • criticize him/her • question his/her perceptions • defend myself • ignore him/her • share just to meet my own needs 	<p>"WORST" RESPONSE</p> <p><i>It is HURTFUL & Indicates REJECTION</i></p>	 <p>"I feel HURT."</p>
<ul style="list-style-type: none"> • ask questions about the facts • give advice • ignore his/her feelings • reassure without identifying his/her feelings 	<p>"POOR" RESPONSE</p> <p><i>It MISSES FEELINGS & Indicates A lack of tolerance and respect</i></p>	 <p>"I feel FRUSTRATED."</p>
<ul style="list-style-type: none"> • accurately identify his/her main feeling 	<p>"GOOD" RESPONSE</p> <p><i>It ACKNOWLEDGSE some FEELINGS & Indicates Some attention</i></p>	 <p>"I feel ACCEPTED."</p>
<ul style="list-style-type: none"> • ask questions about the feelings • mirror back with empathy • communicate understanding of his/her feelings • try to understand non-verbal 	<p>"BEST" RESPONSE</p> <p><i>It goes beyond the OBVIOUS to underlying FEELINGS & Indicates UNDERSTANDING</i></p>	 <p>I feel cared for ... and want to tell you more!"</p>

EFFECTIVE LISTENING SCALE Samples

Example #1:

A - "I got a really nice raise again this year."

B - "Good, now we can get some of these bills paid off."

What level was that response? A) Worst B) Poor C) Good D) Great

NOTES:

A - I got a really nice raise again this year."

B - "You always get a really nice raise every year."

What level was that response? A) Worst B) Poor C) Good D) Great

NOTES:

A - I got a really nice raise again this year."

B - "You sound very happy. You must feel proud of yourself!"

What level was that response? A) Worst B) Poor C) Good D) Great

NOTES

A - I got a really nice raise again this year."

B - "That's great! I can tell by the smile on your face that you are feeling pleased about it. Am I right?"

What level was that response? A) Worst B) Poor C) Good D) Great

NOTES:

Example #2

A - "I really had a bad day at work today."

B - "It couldn't have been any worse than my day."

What level was that response? A) Worst B) Poor C) Good D) Great

NOTES

A - "I really had a bad day at work today."

B - "You're always saying that."

What level was that response? A) Worst B) Poor C) Good D) Great

NOTES:

A - "I really had a bad day at work today."

B - "Are you feeling stressed?"

What level was that response? A) Worst B) Poor C) Good D) Great

NOTES

A - "I really had a bad day at work today."

B - "Sounds like it was a tough day for you. Are you feeling exhausted? Is there anything I can do?"

What level was that response? A) Worst B) Poor C) Good D) Great

NOTES:

Approach **CONFLICT** constructively as a learning experience

What barriers could I cut back on to help us during times of conflict?

What topics do we need to address with a win-learn approach?

Can we do this on our own or do we need some coaching?

- _____ Yes – we are good
- _____ Maybe – I’m okay with us for now.
- _____ No – I’m open to seeing what we need to learn

Thoughts? Notes?

Have SHARED VALUES and GOALS

DEFINITION OF A VALUE: Action or thing that recognize as important and choose to focus time, energy and resources on while sacrificing other things.

What do I spend my time and resources on for myself?

1.

2.

What do we spend our time and resources on together?

1.

2.

After we compare our individual answers, ask the question “Are we in sync?”

Are there gaps or choices we need to discuss that are not in alignment?



FLEXIBLE and OPEN to life as it happens

What changes have I gone through? What changes have we gone through?

How can I be more open and flexible to our changes?

Could I use some new tools to help with this? _____yes _____maybe _____no

COMMITMENT to your Covenant of marriage

NOTES TO SELF



Have a deep sense of **TRUST**

NOTES TO SELF



Continue to Experience FORGIVENESS

Forgiveness is a Decision that has Four Steps

- 1) Acknowledging the hurt to yourself and others**
- 2) Accepting our shortcomings and forgive our self**
- 3) Make the decision to forgive each other**
- 4) Bring healing and renewal to our relationship with action that reflect changes and acceptance of responsibility to work and live the decision to forgive.**

Do you feel that you and your spouse make use of all these steps?

Which steps could use some tools and practice to be more effective in your relationship?

Do you take the effort and reflection to forgive yourself? Your spouse?



Have a SUPPORT SYSTEM of others who encourage your marriage

Who is on your list?

Building Blocks for a healthy Marriage Couple's Analysis

Instructions:

1. Fill out the Your Perceived Strength as a Couple column for each Building Block as Strong, Medium, or Weak.
2. Fill out the Your Priority (personally, not as a couple) for each building block as 1-High, 2-Medium, or 3- Low.
3. Fill out column 3, Challenge area, as described in the heading.
4. Fill out column 3.5 by copying column 3 from your spouse's sheet.
5. Fill out column 4. It gets a checkmark if either column 3 or 3.5 have a checkmark.

	1 Your Perceived Strength as a couple	2 Your Priority	3 Your Challenge Area	3.5 Spouse Challenge Area	4 Combined Challenge Area
Building Blocks	S-Strong M-Medium W-Weak	1-High 2-Medium 3-Low	Blank – Strength S Or Priority 3 √ - all other	Blank – Strength S Or Priority 3 √ - all other	√ - 1-Column, 4 or 5, has a checkmark
Spend quality and quantity TIME TOGETHER					
Frequently AFFIRM each other					
Celebrate each other's UNIQUENESS and GROWTH					
Respect each other's expressions of SPIRITUALITY					
Have a sense of PLAY and HUMOR					
Value INTIMACY and having a satisfying SEXUAL RELATIONSHIP					
COMMUNICATE and LISTEN easily and well					
Approach CONFLICT constructively as a learning experience					
Have SHARED VALUES and GOALS					
COMMITMENT to your Covenant of marriage					
FLEXIBLE and OPEN to life as it happens					
Have a deep sense of TRUST					
Continue to experience FORGIVENESS					
Have a SUPPORT SYSTEM of others who encourage your marriage					

Sample for determining column 3

1 - Strength	2 - Priority	3
S	1,2 or 3	
M	1 or 2	✓
W	1 or 2	✓
S or W or M	L - Low	

Building Blocks for a healthy Marriage Couple’s Analysis - Results

If you have all blanks in the Combined Challenge Area column you are our poster child for a healthy marriage. Mazel Tov.

How can Tikkun HaBriet programs help you?

Tikkun Habriet programs does not provide programming based on individual building blocks. We provide tools and concepts to address the underlying matters common to all the of the building blocks

Did you as a couple have only 1 or 2 building blocks that are Challenge areas,? You may not need us right now or attend our tune-up program to learn our tools for preventative measures to your relationship.

Did you have 3-4 building blocks out of sync? Our Tune-up program will be a match.

Did you have 5-7? Our Workshop program will be a match.

More than 7? The Tikkun program was created with you in mind. You are not alone.

Tikkun HaBriet Program Comparison

Session	Program	CHECK-UP	TUNE UP	EXTENDED TUNE UP	TIKKUN
Relationship CHECKUP - The Building Blocks		X			
Orientation & Communication Tool			X	X	X
Family of Origin & Values			X	X	X
Decision to Love, Trust, Forgive, Commit			X	X	X
Conflict & Anger Management				X	X
Intimacy and Sex				X	X
5 Love Languages & Jewish Marriage Values				X	X
Weekend Retreat - 3 day event					X
Monthly CORE Support			3 months	6 months	1 year
Program Time Commitment		2.5 Hours	7.5 Hours	15 hours	68 Hours
CORE Time Commitment			7.5 hours	15 hours	30 Hours

For Program descriptions please see www.tikkunhabriet.org/about-the-program.

Closing Prayer and Song

Dear God

With great humility and trust we have taken the first steps toward a healthier marriage. You were there in this covenant's beginning either formal or informally. May you continue to be with us as we go forward in decisions to love, trust, forgive and commit. May you be a shelter of peace in our times of conflict and resolution, and seeking support. We thank you for the blessings of time, uniqueness and growth, for play and humor and intimacy and sex. May our hearts and minds be open to the lessons of effective listening and communicating with our intention to fulfill each other daily. Amen

Our closing song is by a famous Jewish woman named Debbie Friedman l'v and it is called the Travelers Song. Here are the lyrics and you are welcome to sing along with Debbie as she closes our day with love and peace for all of us.

May we be blessed as we go on our way
May we be guided in peace
May we be blessed with health and joy
May this our blessing, amen.



May we be sheltered by the wings of peace
May we be kept in safety and in love
May grace and compassion find their
way to every soul
May this be our blessing, amen.
Amen, may this be our blessing, amen.



Thank you participating in Tikkun HaBriet's Check Up program. We hope you found it enjoyable and useful.

Tikkun HaBriet is a non-profit, 501c3 organization. If you like our program or believe our mission is important, please consider a donation. Donations can be made at <https://www.tikkunhabriet.org/donate>

Please contact us at info@TikkunHaBriet.org with all feedback, comments, or concerns.

