



TIKKUN HA•BRIET

THE HEALING OF THE COVENANT

TIKKUN HABRIET

Tune Up Series

Communicating From The Heart Workbook

Jan 30, 2022

When prompted, Answer the following questions here

My current emotional state is:

Describe as a physical sensation:

Describe as an Image using intensity on a scale of 1-10:

Describe as an Image using a color:

Describe as an image as a sound:

Describe as a shared memory:

Pleasant Feelings Word List

OPEN

accepted*
amazed
confident
free
harmonious
interested
loving
pleasant
receptive
responsive
satisfied
sensitive
sympathetic
trusting
understanding

HAPPY

amused
animated
cheerful
delighted
ecstatic
elated
enthusiastic
fortunate
glad
important*
joyful
lighthearted
lively
lucky
overjoyed
playful
pleased
satisfied
thankful
wonderful

ALIVE

accepted*
approved*
awesome
certain
courageous
energetic
forgiven
free
impulsive
innocent*
liberated
optimistic
playful
provocative
refreshed
relieved
sure
thrilled

GOOD

blessed
calm
certain
comfortable
confident
content
encouraged
excellent
free
gentle
hopeful
loved
patient*
peaceful
pleased
reassured
relaxed
secure
tranquil
unconcerned

LOVED/LOVING

accepted*
tender
affectionate
appreciated*
attracted
caring
close
comforted
loved
loving
protected
safe
secure
sensitive
sympathetic
touched
understood
warm

INTERESTED

aroused
attentive
attracted
concerned
curious
engrossed
enthusiastic
excited
fascinated
impressed
inquisitive
inspired
intrigued
moved
responsive
stimulated
sympathetic
touched

POSITIVE

anxious
assertive*
bold
brave
certain
challenged
confident
convinced
daring
determined
eager
enthusiastic
excited
hopeful
inspired
optimistic
reinforced*
stubborn*

STRONG

aggressive
capable*
certain
dynamic
impulsive
perceptive
powerful
rebellious
reinforced
reliable*
secure
steady
sure
tough*

**These words, often used to describe feelings, can contain an element of judgment. As such, be careful when using them to describe emotions. Some things to remember include: 1) Use "I statements" 2) Avoid saying "you" and "because" 3) Be sure to stick to the "feelings" aspect of these words, not the "judgmental" aspect.*

Unpleasant Feeling Word List

ANGRY

aggressive
agitated
annoyed
antagonistic
bitter
cross
displeased
enraged
exasperated
furious
hostile
incensed
indignant
irritated
mad
provoked
resentful
upset

DEPRESSED

ashamed
blue
defeated
desperate
disappointed
discouraged
dissatisfied
down
exhausted
gloomy
guilty*
helpless
hopeless
miserable
powerless
regretful
sad
unhappy
vulnerable
weak

CONFUSED

bewildered
disillusioned
disoriented
distrustful*
doubtful
dumbfounded
embarrassed
hesitant
lost
mistaken
mixed up
perplexed
pessimistic*
shy
skeptical
tense
uncertain
uneasy
unsure
upset

HELPLESS

burned out
defeated
distressed
empty*
fatigued
frustrated
hesitant
hopeless
inadequate*
incapable*
inferior*
insecure
lonely
paralyzed
rushed
unimportant*
useless
vulnerable
weak
worthless*

INDIFFERENT

aloof
apathetic
bored
detached
disinterested
distant
lifeless
listless
lukewarm*
neutral*
preoccupied
reserved
uncaring
unconcerned
unresponsive
weary

AFRAID

alarmed
anxious
apprehensive
cautious
disturbed
doubtful
edgy
fearful
frantic
frightened
hesitant
intimidated*
nervous
panicky
restless
scared
suspicious
terrified
threatened*
worried

HURT

alienated
appalled
bothered*
bruised*
crushed
dejected
deprived
distressed
disturbed
heartbroken
humiliated
injured
insulted*
offended
rejected
tormented
tortured
used*
wounded

SAD

anguish*
desperate
disappointed
discouraged
disheartened
dismayed
dispirited
downcast
grieved
heartsick
hopeless
let down
lonely
mournful
pessimistic*
regretful
sorrowful
unfortunate
unhappy

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Three Questions

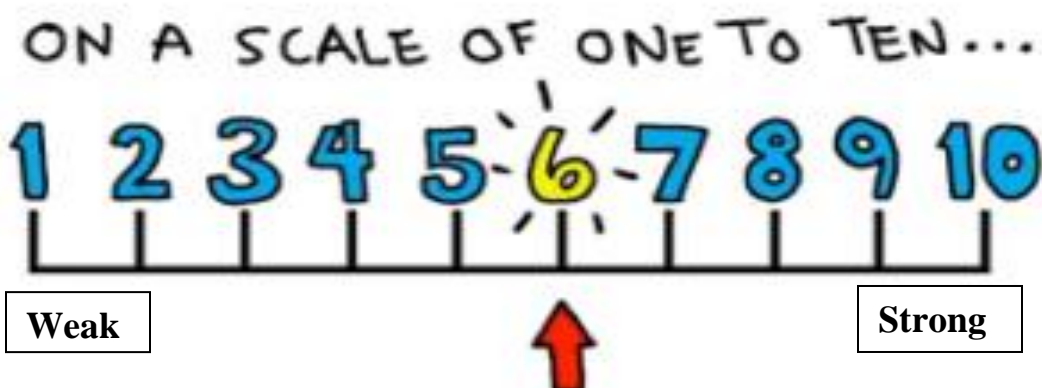
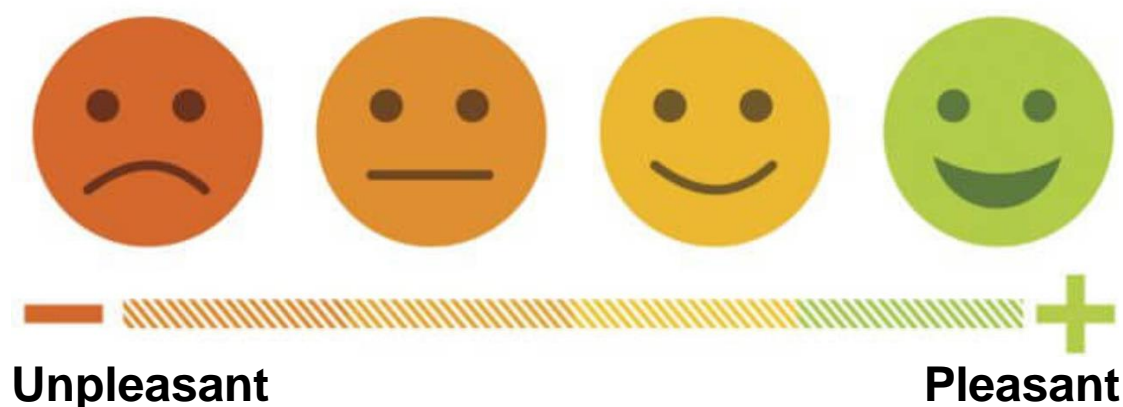
1. Why did I come here to the Communicating From The Heart presentation and what do I hope to gain?

2. How can I make this experience a disappointment for us?

3. What can I do to make this experience a positive one?

An emotion is a spontaneous inner reaction to a person, a place or a situation.

An emotion is the feeling that I have inside of me when I come into contact with something outside of me



“I Think verses I Feel” Rule

Rule	Statements	Description
1	I Feel I am	Feeling
2	I think	Thought
3	I Feel that I think that I judge that	Judgement
4	I feel that you I think that you I judge that you	A judgment I have about you

If, in a sentence, you can replace the words "I feel" with the words "I think" and the sentence still makes sense, then what you have expressed is a thought, not an emotion.

Example:

I feel we should hold hands I think we should hold hands	This is a thought since the “I Think” sentence is valid
I feel uncomfortable when we hold hands I think uncomfortable when we hold hands.	This is expressing a feeling since the “I Think” sentence is not valid

Three More Questions

1. What do I like best about you?

How do I feel about my answer?

I Feel _____ about my answer.

P _____

I _____

M _____

2. What do I like best about me?

How do I feel about my answer?

I Feel _____ about my answer.

P _____

I _____

M _____

3. What do I like best about us?

How do I feel about my answer?

I Feel _____ about my answer.

P _____

I _____

M _____

Tikkun HaBriet Dialog Letter Template

Date: ___/___/___

Question: (Avoid: Why, Because, I feel that)

How do I feel about writing letters to you this week?

Prayer

(optional): _____

Dear _____

Affirmation:

Answer Question: I feel _____
_____ **about writing letters to you this week.**

If my _____ **feeling were a Physical Sensation it**
would be like _____

On a Scale of 1 to 10, my _____ **feeling is a** _____

If my _____ **feeling was a Color, it would be like**

Tikkun HaBriet Dialog Letter Template

If my _____ feeling was Something in Nature, it would be like

If my _____ feeling was an Image, it would be like

Using a Shared Memory to describe my _____
feeling, it is like the time _____

Expression of Gratitude: _____

CLOSING (Love, Sincerely, Truly): _____

SIGNATURE: _____

More ways to describe feelings:

- Animals & Pets
- Any of the five senses
- Art
- Hobbies
- Sports
- Movies
- TV
- Books

DIALOGUE HELPER

1. **Brief Prayer**
2. **Salutation**
3. **Affirmation**
4. **Answer question, choose feeling word(s)**
5. **Describe feelings**

PHYSICAL SENSATION

IMAGES / IMAGINATION

- Intensity (scale of 1 to 10)
- Color
- Nature
- Paintings / Pictures
- Music
- Sport / Sporting Event
- Animals
- Five senses (what you see, hear, touch, taste, or smell)
- Mental picture

MEMORY / PAST EXPERIENCE

6. **Expressions of gratitude**
7. **Closing/Signature**
8. **Exchange letters**
9. **Read each other's letters twice, once for the head, the 2nd for the heart**
10. **Dialogue on FEELINGS ONLY**
11. **Select next day's questions**



DIALOGUE: REMINDERS, HINTS, AND SUGGESTIONS

The purpose of dialogue is **NOT** to change your spouse.

The purpose of dialogue is **NOT** to manipulate or control your spouse.

The purpose of dialogue is **NOT** to solve a problem.

Remember that dialogue is not the same as discussion

Dialogue deals only with feelings.

Discussion deals with thoughts and feelings and often tries to solve a problem.

WRITTEN PART OF DIALOGUE (Write for at least 10 minutes)

Write honestly and sincerely, yet with a care and tenderness for the reader. Consider praying before you start to write. Begin your letter with a salutation. Although optional, it's helpful to begin your letter by saying something good about your spouse. Doing this is not only beneficial to the reader, but it also allows the writer to focus on something positive about his/her partner.

Answer the question briefly; the focus and majority of your letter should be describing your feeling(s), not your answer to the question. Name your feeling (use the feelings word handout from the weekend, if needed). If you have more than one feeling, underline and describe your strongest feeling as completely as possible and in terms your spouse can relate to.

Describe your feelings using various methods, such as physical sensation, intensity rating on a scale of 1 to 10, color, nature, sports or sporting events, persons, textures, shapes, books, movies, food, animals, mental picture, five senses, music, shared memories, etc. The more ways you can describe your feeling the better your spouse will be able to understand your feeling. In the Dialogue Workshop on Saturday afternoon, you wrote using a physical sensation, scale of 1-10, color, an image, and a shared memory.

A few examples of some of the methods used to describe feelings are listed below:

1. Use a **physical sensation** to describe your feeling: painful like a throbbing headache, scared and my heart is racing; embarrassed and my face is red; nervous and my palms are sweaty; excited and I'm grinning from ear to ear; apprehensive and my neck is stiff.
2. Use **nature** to describe your feeling: uneasy like during a thunderstorm; devastated like a tornado's aftermath; calm as the ocean when it looks like glass; beautiful as the sunset; confused like being in a London fog; hopeful like seeing the sun's rays from behind a cloud.
3. Use **mental pictures** to describe your feeling: proud like an athlete receiving a medal; excited like a child on Christmas morning; nervous like a patient waiting to see the doctor; frustrated like being stuck in traffic
4. Use **animals** to describe your feeling: cuddly like a kitten; angry like a swarm of bees; playful like a kitten with yarn; sly like a fox; mean like a grizzly; peaceful like a dove; graceful like a deer.
5. Use one of the **five senses** (smell, taste, hearing, touch, sight) to describe your feeling: enticing like fresh bread baking in the oven; sour like dill pickles; sweet like ice cream; loud like clanging cymbals; rough like sandpaper; smooth as satin; sharp as a cactus, pretty as a picture.
6. Use **movies** to describe your feeling: serious like "Schindler's List"; funny like "Home Alone"; scary like "Dracula"; romantic like "Pretty Woman"; gentle like "Bambi".
7. Use a **shared memory** to describe your feeling: worried like when our son was in an accident; excited like when we rode the roller coaster; enthusiastic like when we began our trip; anxious like when we came to the weekend on Friday night; happy like when we were first married; romantic like a candlelight dinner; rejected like when I didn't get the promotion.

DIALOGUE: REMINDERS, HINTS, AND SUGGESTIONS Continued

SIGN YOUR LETTER.

EXCHANGE YOUR LETTERS gently and in silence. Remember, you are giving and receiving a gift. **READ YOUR SPOUSE'S LETTER TWICE**, first with your head to understand the words, and a second time with your heart to go beyond the words to the person who wrote the letter

VERBAL PART OF DIALOGUE (No more than 10 minutes, allowing equal time for each letter)

The goal during the verbal part of dialogue is to clarify and understand your spouse's feelings. You do this by asking questions based on the ways your spouse has described his/her feeling. Often, it feels awkward in the beginning, but it gets easier with practice. Some helpful suggestions during the verbal part include:

1. After reading a description that your spouse has written, you may think you don't understand their feeling and you might simply ask, "Can you tell me more about this?"
2. If your spouse did not use the intensity rating, you might ask for a rating of 1-10 to further understand how strong this feeling is to him/her, or you might ask your spouse to give you another description of the feeling.
3. You might ask for another example of a time when your spouse may have felt this way, e.g. "Can you tell me another time you felt this same way?"
4. Suggest a time you think you felt this same way and ask your spouse if his/her feeling is anything like that, e.g. "Is your feeling like the time I _____?"

REMEMBER: Your **ONLY** goal as the reader is to understand your spouse's feeling. **ONLY** the letter writer can say, "I think you understand my feeling".

IMPORTANT: Both in the written and verbal parts of the dialogue process avoid using the words: **why**, **because**, and **I feel that**. "Why" is asking us to explain or justify our feelings. "Because" is usually followed by a blaming statement, e.g. "I feel sad because you do not listen to me." "I feel that" is almost always followed by a judgment, not a feeling, e.g. "I feel that you are not trying as hard as I am.

My spouse does not make me feel—my feeling is mine, so name it and claim it. Do NOT blame your spouse for your feeling. Do NOT judge your spouse's feeling.

Remember the definition: An emotion is a spontaneous inner reaction to a person, place, or situation. Feelings just are, and they can be either pleasant or unpleasant, but they are neither right nor wrong.

SELECT a question for your next dialogue. By selecting now, you make a commitment to tomorrow's dialogue. It is not necessary that you both write at the same time. It is **IMPORTANT** to stick to the 10/10 time limits; otherwise you are no longer dialoguing but discussing or trying to solve problems.

FEELINGS AND DESCRIPTIONS OF FEELINGS (ANALOGY)

Afraid	Like walking alone in a dark alley
Aggressive	Like a bulldozer
Alone	Like being lost in a dark cave all by myself
Angry	Sizzling like a red hot poker suddenly plunged into water
Animated	Like a cartoon
Attracted	Like being drawn to a magnet
Bright	Like a halogen light
Calm	Like after a storm
Cautious	Like a turtle not wanting to stick its neck out
Comfortable	Like an old shoe
Content	Like watching a sunset
Crushed	Like a stepped-on ant
Curious	Like a cat
Deprived	Like being the only child without an ice cream cone
Desolate	Like being on a deserted lonely island
Disinterested	Like I could care less
Dull	Like the color gray
Embarrassed	Like a teenager asking for a first date
Empty	Like running out of gas
Enraged	Like an angry bull
Enthusiastic	Like hearing good news
Fascinated	Like a child at Christmas
Fearful	Like being afraid of the dark
Frisky	Like a young colt
Frustrated	Like getting a flat tire without having a spare
Gleeful	Like a child who has just won a prize at the fair
Guilty	Like getting my hand caught in the cookie jar.
Happy	Like a singing bird
Humiliated	Like being put down in front of my co-workers
Inferior	Like realizing you got the lowest grade in your class on an exam
Irritated	Like a minor rash
Joyous	Like the birth of a baby
Jubilant	Like coming in first in a marathon
Liberated	like a huge load is off my shoulders
Lifeless	Like my body won't move
Lonely	Like losing a best friend
Lost	Like being in a strange city without a map
Lucky	Like winning the sweepstakes
Mad	As a wet hen
Miserable	Like the whole world is against me
Nervous	Like my stomach is turned upside down
Nosy	Like a gossipy old lady
Optimistic	Like knowing the sun will come up tomorrow
Painful	Like a pounding headache
Panicky	Like being chased by a bear
Peaceful	Like a calm lake

FEELINGS AND DESCRIPTIONS OF FEELINGS (ANALOGY) Continued

Playful	Like a kitten with a ball of yarn
Reassured	Like when I check on the kids one last time before going to bed
Rebellious	Like a defiant teenager
Rejected	Like I have no value
Reliable	Like a life time guarantee
Sad	Like hearing a mournful story
Satisfied	Like having a full stomach after a good dinner
Scared	Like walking down a dark alley alone at night
Secure	Like locking my door at night
Serene	Like a person meditating
Skeptical	Like reading a weight loss plan that guarantees 30 lbs. lost in 30 days
Spirited	Like an energetic two year old
Surprised	Like receiving a bouquet of flowers for no special occasion
Terrified	Like standing on the edge of a cliff
Thrilled	Like a child at Christmas
Tormented	Like a helpless animal being poked with a stick
Unique	Like a one of a kind piece of pottery
Unsure	Like a baby taking it's first steps
Upset	Like an apple cart
Used	Like a doormat on a rainy, muddy day
Useless	Like a worn out shoe
Warm	Like hot chocolate on a cold night
Wary	Like a fox
Weary	Like I can't move one foot in front of another

GLOSSARY

HDIF	How do I feel?
HDIFAMA	How do I feel about my answer?
HDIFAT	How do I feel about that/this?
HDIFSTWY	How do I feel sharing this with you?
HDIFTYT	How do I feel telling you this?
DYFF	Describe your feelings fully!

Tikkun HaBriet Dialog Letter Template

Date: ___/___/___

Question: (Avoid: Why, Because, I feel that)

How do I feel when you share your feelings with me?

Prayer

(optional): _____

Dear _____

Affirmation:

Answer Question: I feel _____
_____ **when you share your feelings with me.**

If my _____ **feeling were a Physical Sensation it**
would be like _____

On a Scale of 1 to 10, my _____ **feeling is a** _____

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SUGGESTIONS FOR DIALOGUE

Until first Workshop Session

- MONDAY** What was the most significant part of the Tune Ups first session for me? HDIFAT?
- TUESDAY** In what area of our relationship do I think we made the can make the most progress on? HDIFAMA?
- WEDNESDAY** What is a good quality I discovered about you? HDIFAT?
- THURSDAY** If I could go back in time with you, what time would I like to re-visit? How do I feel when I think about that time?
- FRIDAY** How do I feel about going to the 2nd Tune Up session? Describe those feelings fully.
- SATURDAY** What was my strongest feeling today? DYFF
- HDIFAT?** How do I feel about that?
HDIFAMA? How do I feel about my answer?
DYFF Describe Your Feeling Fully?

SUGGESTIONS FOR NURTURING YOUR RELATIONSHIP

1. Say thank you to each other.
2. Spend an evening with no television or home movie?
3. Give each other a hug every day.
4. Cook your spouse's favorite meal.
5. Do something special for your spouse that you know will really please him/her.
6. Call each other on the phone just to say "Hello, I'm thinking about you."
7. Dialogue
8. Take your husband/wife out to eat at spouse favorite restaurant.
9. Pray together as a couple and/or family. Welcome the Shabbat on Friday night with candles, wine and challah.
10. Attend Shabbat services together.



I do hereby declare that you are now husband and wife according to the rites and ceremonies of the Anglican Church of Canada.

You may kiss your bride.

The presence of you two here before God and man signifies the beginning of a new journey. It is a journey of love, trust, and mutual respect. It is a journey of growth and discovery. It is a journey of joy and peace. It is a journey of faith and hope. It is a journey of love and grace.

As you embark on this journey, we pray for you, offering, encourage and inspire one another, that hearts be together, creating a simple but profound and compassionate of the core. Through the years, we aim to value and support each other, always striving to show sensitivity to each other's needs. We shall remain one another emotionally, spiritually, and physically, always mindful of our respective gifts and strengths. We are committed to grow together, nurturing the courage and determination to persevere and fulfill our dreams together in life and with great and generous love. We shall remain one another with mutual respect and understanding. We shall remain one another with mutual respect and understanding. We shall remain one another with mutual respect and understanding.

At this a valid and binding

Witness: _____
 Witness: _____
 Bride: _____
 Groom: _____

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