



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

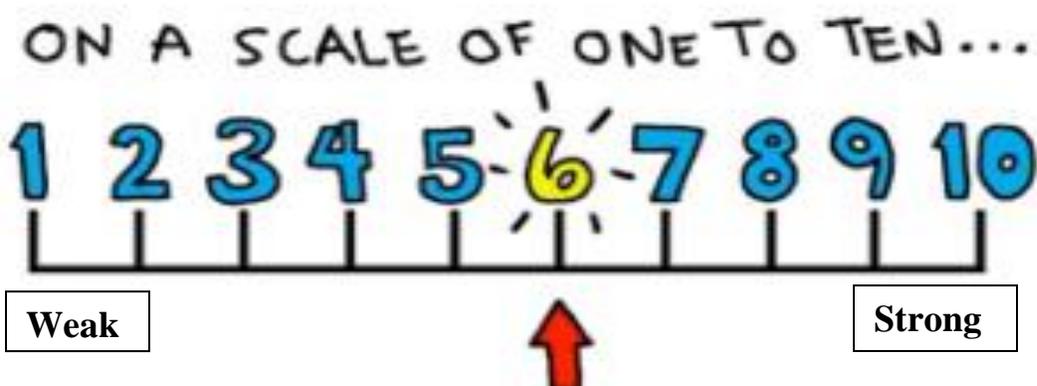
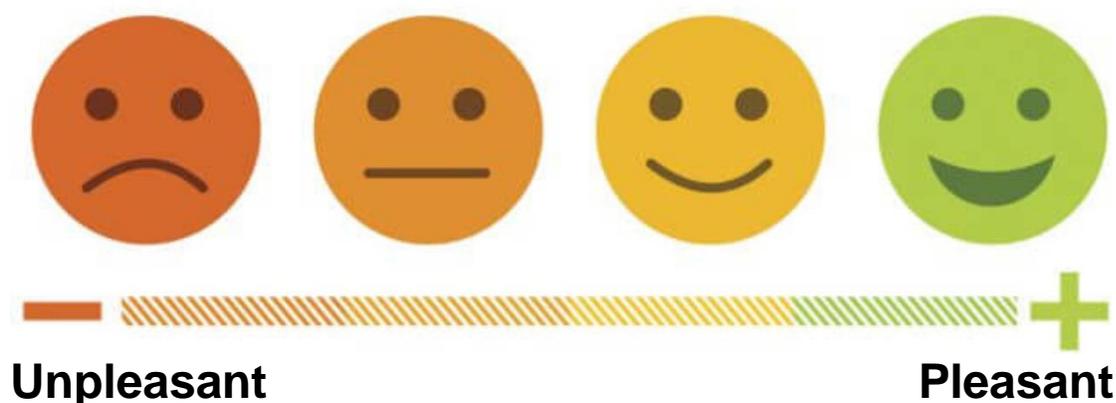
*\*These words, often used to describe feelings, can contain an element of judgment. As such, be careful when using them to describe emotions. Some things to remember include: 1) Use "I statements" 2) Avoid saying "you" and "because" 3) Be sure to stick to the "feelings" aspect of these words, not the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

# 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<br>I am  | Feeling                     |
| 2    | I think   | Thought                     |
| 3    | I Feel that<br>I think that<br>I judge that             | Judgement                   |
| 4    | I feel that you<br>I think that you<br>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 <b>feel</b> we should hold hands<br>I <b>think</b> we should hold hands                              | This is a thought since the “I Think” sentence is valid                |
| I <b>feel</b> uncomfortable when we hold hands<br><br>I <b>think</b> 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 \_\_\_\_\_

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---

Expression of Gratitude: \_\_\_\_\_

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**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 2<sup>nd</sup> 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)

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

## FEELINGS AND DESCRIPTIONS OF FEELINGS (ANALOGY) Continued

|                   |   |
|-------------------|---|
| <b>Playful</b>    | Like a kitten with a ball of yarn                                       |
| <b>Reassured</b>  | Like when I check on the kids one last time before going to bed         |
| <b>Rebellious</b> | Like a defiant teenager   |
| <b>Rejected</b>   | Like I have no value  |
| <b>Reliable</b>   | Like a life time guarantee  |
| <b>Sad</b>        | Like hearing a mournful story   |
| <b>Satisfied</b>  | Like having a full stomach after a good dinner                          |
| <b>Scared</b>     | Like walking down a dark alley alone at night                           |
| <b>Secure</b>     | Like locking my door at night   |
| <b>Serene</b>     | Like a person meditating  |
| <b>Skeptical</b>  | Like reading a weight loss plan that guarantees 30 lbs. lost in 30 days |
| <b>Spirited</b>   | Like an energetic two year old  |
| <b>Surprised</b>  | Like receiving a bouquet of flowers for no special occasion             |
| <b>Terrified</b>  | Like standing on the edge of a cliff                                    |
| <b>Thrilled</b>   | Like a child at Christmas   |
| <b>Tormented</b>  | Like a helpless animal being poked with a stick                         |
| <b>Unique</b>     | Like a one of a kind piece of pottery                                   |
| <b>Unsure</b>     | Like a baby taking it's first steps                                     |
| <b>Upset</b>      | Like an apple cart  |
| <b>Used</b>       | Like a doormat on a rainy, muddy day                                    |
| <b>Useless</b>    | Like a worn out shoe  |
| <b>Warm</b>       | Like hot chocolate on a cold night                                      |
| <b>Wary</b>       | Like a fox  |
| <b>Weary</b>      | 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** \_\_\_\_\_

**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

# **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 2<sup>nd</sup> 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.

