



All of the service of Hashem is dependent upon the improvement of one's character traits.

Vilna Gaon - Even Shleima, Chapter 1

Anger Management for Positive Results Module Packet 3

שכל אדם האריך אפו, ותפארתו עבר על פשע.

It is a wise man's good sense to be slow to anger, and his glory to pass over a transgression.

Mishlei/Proverbs, Chapter 19, Verse 11

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Use of Material

The material in this *ACTT Module Packet* is intended for the use of the ACTT organization’s members and any other individuals interested in creating and sustaining meaningful changes in their lives. If an organization is interested in using this material, the ACTT organization would appreciate your contacting us. Thank you.

Version 20100716

ACTT Anger Management for Positive Results Module – Packet 3

Specific Goal Suggested for *Anger Management for Positive Results 3* Module

To try to constantly exercise total patience, with one person of your choice, regardless of the situation.

General Goal of *Anger Management for Positive Results* Module

- To continue to develop an awareness of what causes anger and strategies to control it.
- To continue to develop an understanding of anger as a teacher, learning both about our passions and our ability to cope with adversity and frustration.

Module Duration

This is the 3rd module in the *Anger Management for Positive Results* series and is scheduled for 92 days.

To Do List

- If you are not yet a member of the ACTT Organization, fill out a membership application and submit it – see the Membership page or the ACTT Welcome Kit at www.actt613.org
- Fill out the “ACTT *Anger Management for Positive Results 3* Commitment Form”, keep a copy for yourself and submit a copy to the organization – see Module page of www.actt613.org or this Module Packet’s Appendix
- On a daily basis:
 - Follow the Learning Schedule and record your *Anger Management for Positive Results* activity/action in your “ACTT *Anger Management for Positive Results 3* Activity Log” in this Module Packet’s Appendix – the *ACTT Activity/Action Ideas* has suggestions
 - Record your maintenance activity/action (from the *Ahavas Chesed*, *Judging Favorably*, *Kavanah During Davening*, *Hakaras HaTov*, *Bitachon*, and *Shmiras HaLashon* modules) in your “ACTT *Anger Management for Positive Results 3* Activity Log” in this Module Packet’s Appendix – the *ACTT Activity/Action Ideas* has suggestions
- Participate in the chizuk activities, as desired:
 - ACTT *Anger Management for Positive Results 3* booster event and face-to-face discussion group meetings
 - ACTT online discussion group and e-mail list
 - Read inspirational material from sources recommended by the ACTT organization and also distributed by the ACTT organization
 - Recommend inspirational material to the ACTT membership and submit inspirational material to be distributed to all the ACTT members

Anger Management for Positive Results Resources

The following are some resources for learning about *Anger Management for Positive Results*:

- [Patience - Formulas, stories and insights](#) by Rabbi Zelig Pliskin; Artscroll/Mesorah; ISBN: 1-57819-483-0
- [Anger: The Inner Teacher - A nine-step program to free yourself from anger](#) by Rabbi Zelig Pliskin; Artscroll/Mesorah; ISBN: 1-57819-175-0
- [Guard your Anger](#) by Rabbi Moshe Goldberger; Targum Press/Feldheim; ISBN: 1-56871-183-2
- [The Trail to Tranquility](#) by Rabbi Lazer Brody; Llumina Press; ISBN: 1-59526-108-7

Excerpts from the Introduction of [Anger: The Inner Teacher](#)

The following is reproduced with the permission of ArtScroll / Mesorah, New York, from pages 13-24 of [Anger: The Inner Teacher - A nine-step program to free yourself from anger](#) by Rabbi Zelig Pliskin; ISBN: 1-57819-175-0:

How does my Creator want me to deal with my anger? This should be the first question in our minds when thinking about the subject of anger. Our goal is to internalize a Torah view of reality, other people, and ourselves, for this is what will free us from anger. The goal is to be in control of what we say and do even when we are angry, and to maintain self-respect and respect for others. Even when anger over injustice or evil is justified, the goal is always to think clearly and to act with wisdom.

Our Creator wants us to walk in His ways (*Devarim* 28:9). This is the source of our Torah obligation to conquer anger, as well as to refine all of our character traits. The *Rambam* shows us how high a priority this is by placing *Hilchos De'os* as the second of 83 sections of Torah law in his comprehensive work *Mishneh Torah*. After establishing the fundamental importance of loving and fearing G-d, the next step is to build our character so we can serve Him properly. The Vilna Gaon considers anger one of the two main traits which prevent a person from serving the A-mighty (*Beur HaGra* to *Mishlei* 16:31).

Does an obligation to conquer anger mean that the Torah wants us to cut off our real feelings? Definitely not. Without emotion we cannot experience passion for Torah and prayer, love for our Creator and other people, nor sincere joy in mitzvah performance.

We strive not just to control anger, but to be filled with love for our Creator and His children. When we experience this love, we focus on fulfilling His will. Then all else seems trivial, and very few things get us angry. Our love for other people lets us see their good qualities, either in potential or already expressed, and we judge them favorably and do all we can to help them grow and improve in ways they will appreciate. Angry blaming and condemnation only cause pain and breed resentment and further anger. Love enables understanding and paves the way to motivating and influencing with positive approaches.

As with anything worthwhile, it takes time and effort to change ingrained attitudes towards anger. But by keeping our eyes on our ultimate goal, we will accomplish much more than we would have otherwise. It is only to be expected that at first anger will still flare up at times. Yet every mistake gives us vital information on how and what we need to improve. The more time and effort we put into mastering anger, the more expertise we gain.

Rabbi Yosef Leib Block of Telz emphasizes in *Shiurei Da'as* (Essay: *Al Yechsar HaMezeg*) that our Creator created us to experience each feeling honestly and intensely. To be a complete person, one needs to experience each feeling honestly and intensely. To be a complete person, one needs to experience anger at times. It would be wrong to try to completely eradicate any quality bestowed upon us by our Creator. As the *Rambam* comments: "Don't be a bad-tempered person who becomes angry easily. Neither should you be like a corpse that doesn't feel anything. Rather, be in the middle. Don't become angry except over a serious matter in order to prevent a person from acting similarly another time (Hilchos De'os 1:4). The *Rambam* also states that ideally parents and other leaders should feign anger then they must rebuke while inwardly remaining calm (ibid. 2:3).

Rav Tzakok HaKohen tells us that "all that the Creator has created, He has made for a meaningful purpose" (*Tzidkas HaTzakik*, no. 103). Anger can signal us that an injustice is being committed and motivate us to speak up and take action to right the wrong. An angry person has added physical strength, crucial for survival or rescue efforts when lives are endangered. Interaction with a tough, mean person might demand an angry defense to ward off an attack. When a dishonest person knows that an angry response might come his way, he will be more likely to act with greater integrity. When a physical task, such as opening a jar, is difficult, a little bit of anger increases the adrenaline level, providing added strength. Anger is like salt – in small amounts it enhances; too much can spoil (*Imrai Haskel*, p. 64).

What about a person who easily loses his temper – won't it be hard for him to control his anger? It certainly will be. Yet that is our task: to do the difficult. Shlomo HaMelech said about anger, "He who is slow to anger is better than a strong man, and a master of his passions is better than a conqueror of a city" (Mishlei 16:32). This clearly tells us that being slow to anger takes effort, and that once someone is angry and is in a fit of passion, it is even more difficult for him to restrain himself. But someone who is driven by visions of greatness can master noble qualities and can heroically accomplish the magnificent. Seeing the conquering of anger as a royal achievement can motivate us to make the necessary effort. A world-champion boxer or a mighty warrior only becomes that way because of his regular program of exercises and practice over a long period of time. By consistently working on conquering anger, it is possible to gain an inner spiritual and emotional strength that is very powerful.

The Vilna Gaon notes that "overcoming negative character traits is the essence and purpose of life" (*Beur HaGra to Mishlei 4:13*). Even very great people need to work on conquering anger: "Rabbi Moshe Feinstein was extremely mild-mannered. In the most tense and provocative situations he would not show a trace of anger. In reference to this, he once remarked, „Do you think I was always like this? By nature, I have a fierce temper, but I have worked to overcome it." (*Reb Moshe*, Mesorah Publications).

The secret is to remain unafraid of our anger and to learn from it. Anger is our inner teacher (*Eruvin 65b*). It teaches us about our subjective needs and what it is that we truly consider important. What we consider trivial will not arouse our anger. The occurrence of anger as well as its intensity, frequency, and duration teach us about our self-esteem. A person who has internalized a rock-solid sense of personal worth will find that fewer things arouse his anger and that any anger he may experience lasts only for a relatively short time.

Anger and what we say and do when angry teach us about our level of self-mastery and the extent of our virtues, such as patience, unconditional love, judging people favorably, humility, and joy.

Anger or freedom from anger teaches us about our relationship with our Creator and our willingness to accept His will. A person with a profound love for the Creator and total acceptance of His will

experiences elevated emotional states and maintains an awareness that everything in his life is part of the Divine plan and is for his ultimate benefit. In this context, there is no place for counterproductive anger. When every encounter with a “difficult” person is seen as a Creator-sent challenge and opportunity for spiritual elevation, it becomes easier to act in more dignified and refined ways.

We will never totally complete all the work that needs to be done with *tikkun hamiddos*, developing our character traits. There is always more to do, more to fix, for character development is a lifetime process. We will always encounter new situations and new life tests. Focus on improvement, not on perfection. Perfectionism causes counterproductive guilt and anxiety. As the Chazon Ish tells us, “The wise person will feel great joy in improving his character traits” (*Emunah U’Bitachon* 4:15). Be wise and feel this joy whenever you see progress, for it is this joy that will prevent discouragement and will keep you motivated to continue improving.

ACTT Module Packet Appendix



ACTT Commitment Form – Anger Management for Positive Results 3 Module

Remember, it is better to commit to less – you can always do more!

Please PRINT all information

This commitment does not constitute a vow; I am doing the following, bli neder

From ___ / ___ / ___ To ___ / ___ / ___

In memory of _____

As a zechus for:

a refuah shelaimah for _____

a shidduch for _____

parnassa for _____

other _____

- ___ *Anger Management for Positive Results act(s) daily in a ☺ mood*
(ACTT recommends 1-2 acts daily – the *ACTT Activity/Action Ideas* has suggestions)
- *Performing one or more of the following maintenance activities in a ☺ mood*
(ACTT recommends a total of 1-2 acts daily – the *ACTT Activity/Action Ideas* has suggestions)
 - ___ *Ahavas Chesed act(s)* *daily* or *weekly*
 - ___ *Judging Favorably act(s)* *daily* or *weekly*
 - ___ *Kavanah During Davening act(s)* *daily* or *weekly*
 - ___ *Hakaras HaTov act(s)* *daily* or *weekly*
 - ___ *Bitachon act(s)* *daily* or *weekly*
 - ___ *Shmiras HaLashon act(s)* *daily* or *weekly*
- *Learning ___ minutes daily from* (ACTT recommends 5 minutes daily):
 - The ACTT *Anger Management for Positive Results 3 Learning Schedule Book* (see *ACTT Daily Activity Log*)
 - Other _____

Please PRINT all information

Name: _____ Date _____

Email address: _____ Tel. number _____

Address: _____

☺ *Be happy with your ability to Improve Yourself and Grow!* ☺

Please email form: commitment@actt613.org or mail: ACTT, 48 Edgemount Road, Edison, NJ 08817



ACTT Activity/Action Ideas

Acknowledgements:

- 1) Ideas for Improving Anger Management were adapted from Anger The Inner Teacher @ www.aish.com/spirituality/growth/Anger_The_Inner_Teacher.asp
- 2) Some Ideas for Acts of Chesed were adapted from Areyvut's 2005 "A Kindness a Day Calendar: 365 Ways to Make a Difference", see website: www.areyvut.org
- 3) Some of the ideas for Judging Favorably were adapted from "The Other Side of the Story" by Yehudis Samet
- 4) Some of the ideas for Kavanah During Davening were adapted from Praying with Fire by Rabbi Heshy Kleinman
- 5) Some of the ideas for Bitachon were adapted from You Can Learn Bitachon by Yeshiva Zichron Eliezer and from The Garden of Emuna by Rabbi Shalom Arush

IDEAS FOR IMPROVING ANGER MANAGEMENT	
<p>In the past, when you have been able to overcome anger quickly, how did you do it? Learn from people who are able to remain calm in situations that get you angry Learn from people who are able to let go of their anger easily Give anger a chance to subside before speaking by counting from 1 to 10, 1 to 20, etc. When you notice that you are feeling angry, breathe slowly and deeply, exhale slowly When you are about to get angry because of something that someone did to you, focus on some good quality of that person</p>	<p>Use physical exercise to release anger: take a brisk walk, run, dance, jump rope, etc. Meditate on: "Ein od milvado - There is nothing else besides G-d" When you get angry, look at yourself in a mirror to see and hear yourself as others see and hear you when you are angry Write down all your angry thoughts in a letter addressed to the person you are angry at, but do not send it When you are about to get angry, ask yourself, "How important is this in my life?"</p>

IDEAS FOR ACTS OF CHESED		
<p>Offer to run an errand for a friend Cheerfully greet someone Bake an unexpected treat for a friend Remember someone's birthday Call someone going thru a difficult time Leave a friendly note for a family member Listen patiently to others Clean up after dinner without being asked Call someone who lives alone Greet everyone you see with a smile Introduce yourself to someone Apologize for something you've done Take out the garbage without being asked</p>	<p>Give someone an unexpected compliment Spend time with a child with a disability Help strangers in shul feel welcome Take an elderly person shopping Pay attention to what people are saying Spend quality time with family & friends Call or visit someone who is sick Cook a meal for a person in need Visit someone who may be lonely Call someone you haven't spoken to in a while Say thanks - no matter how small the deed Help a child with his / her homework Compliment someone who helps you</p>	<p>Give someone an encouraging note When asked to do something, respond right away in a cheerful and willing manner Drive someone to the doctor Help out family members even if you're busy Help someone find a job Buy a gift for a loved one for no reason Greet everyone with a pleasant "good morning" Write a letter to an elderly person Take a neighbor's garbage cans in from the curb Call someone who recently lost a loved one Congratulate siblings on recent accomplishments</p>



ACTT Activity/Action Ideas (continued)

IDEAS FOR JUDGING FAVORABLY

Don't jump to conclusions
 Judge your neighbor's actions favorably
 "Judge your fellow man fairly" (Leviticus 19:15)
 Look for a possible explanation in another's behavior
 Give your friend the benefit of the doubt
 Look for the good in others
 "Judge all people to the side of merit" (Ethics of the Fathers 1:6)
 Think about "Love your neighbor like yourself", and apply it to others. We all find excuses for ourselves.

Realize that your friend did not see you carrying packages when he/she passed by
 Remember, it could be a miscommunication...
 Are we missing any facts?
 Look for people's strengths
 Remember, things are not always what they seem!
 Try to explain... not complain about other people's actions
 Focus on solutions - not recriminations
 Remember the excuses one makes for oneself - apply these excuses to the one who wronged you

IDEAS FOR IMPROVING KAVANAH DURING DAVENING

Meditate for 5 minutes before davening
 Write translations to difficult words in your siddur
 Think about all Hashem has given you
 Say the words, "I am standing before Hashem" out loud
 Remember that Kavanah During Davening is a Halachik requirement of prayer
 Pronounce each word slowly and clearly
 Use a siddur, even for Tefillos you know by heart
 Establish a specific place for davening
 Concentrate for 3 seconds on each word of a specific tefillah

Learn the meanings of words you do not know
 Select one prayer a week to say with more kavanah
 Write down your favorite phrases from davening and focus on them when you daven
 Arrive before the minyan begins to daven and be ready when they start
 When davening at home, remove distractions from around you
 Select one word a day to say with more kavanah
 Select one phrase a day to say with more kavanah
 Before you start to daven, review what Hashem has given you in the last 24 hours

IDEAS FOR HAKARAS HATOV

Recognize the good that you possess
 Appreciate what you do have rather than what you do not have
 Acknowledge that what you possess is a gift, not something you deserve
 Develop the habit of saying thank you for everything you receive, both big and small
 Realize that everything comes from Hashem and is for your good, then thank Him
 Always see the glass as being half full and be thankful
 Focus on developing an attitude of gratitude
 Appreciate the good that a family member does for you and say thank you
 Appreciate the good that a friend does for you and say thank you
 Appreciate the good that a colleague does for you and say thank you
 Appreciate the good that strangers do for you and say thank you

Write a thank you note to express your appreciation
 Make a telephone call to express your appreciation
 Give a gift to express your appreciation
 Express appreciation for routine actions such as taking out the garbage, preparing supper, doing the laundry, cleaning the house, bringing in the newspaper
 Thank the school bus driver
 Thank your teacher, thank your child's teacher
 Thank the mail carrier for delivering the mail
 Say *Modeh Ani* each morning with great feeling
 Reflect on *Modim Anachnu Lach* in *Shmoneh Esrei*
 Thank Hashem for every breath that you take



ACTT Activity/Action Ideas (continued)

IDEAS FOR BITACHON

Trust that whatever Hashem does is for your good
 Believe that if Hashem wants, He can solve your problem this very minute
 Realize that Hashem forgets no one and that He loves each of His creations
 Ask Hashem to help you pray, to teach you how to pray, to open your mouth in prayer
 Internalize that success is from Hashem and if you turn to Him sincerely, He will certainly help you succeed if it is in your best interest
 Acknowledge that Hashem knows what is best for you, more than you yourself know

Believe that there is no one but Hashem and that no one can do you harm against Hashem's will
 Acknowledge that just as Hashem has helped you many times in the past, He will help you again now
 Trust that whatever happened is what Hashem wanted to happen and that it is in your best interest
 Accept that the amount of money that you will make has been decreed by Hashem and have peace of mind that you will get exactly what you are supposed to get

IDEAS FOR SHMIRAS HALASHON

Think before speaking
 Pause to think about what to say and how to say it before responding to someone
 Give each person the benefit of the doubt
 Train yourself to avoid judging others
 Think positive thoughts and avoid negative thoughts
 Stay calm and avoid getting angry
 Avoid joking around that could lead to making fun of others
 Develop a character of humility - avoid arrogance

Be extra careful with Shmiras HaLashon for 1-2 hour(s) each day
 Never give up hope of one's ability to guard one's tongue
 Accept the idea that it is possible to speak without gossiping
 Train yourself to avoid complaining about others
 Learn the laws of Shmiras HaLashon
 Walk away from a group that is speaking Lashon Hara
 If someone starts speaking Lashon Hara to you, respectfully ask them to stop
 Realize and say to yourself: "It's Not That Important"



ACTT Daily Activity Log – Anger Management for Positive Results 3 Module

Abbreviations: 1) Patience = Patience - Formulas, stories and insights by Rabbi Zelig Pliskin; 2) AM = *Anger Management*; 3) AC = *Ahavas Chesed*; 4) JF = *Judging Favorably*; 5) KDD = *Kavanah During Davening*; 6) HT = *Hakaras HaTov*; 7) B = *Bitachon*; 8) SL = *Shmiras HaLashon*

		Learned (√)		Activity/Action	
Date	√	Book	Chapter	√	Notes (description of activity/action, comments, etc.)
EXAMPLE DAILY ENTRY – current module’s activity/action and up to 2 maintenance activities/actions					
Day	m/d/10	√	Patience	x	√
					AM: Took a brisk walk to release anger; and/or AC: Helped someone find a job; and/or JF: Did not jump to conclusions; and/or KDD: Meditated for 5 minutes before davening; and/or HT: thanked a friend for their help;
					and/or B: Trusted that whatever Hashem does is for my good; and/or SL: Paused to think before speaking
Note: Below is the suggested reading from the <i>Anger Management for Positive Results</i> module’s new source book, <u>Patience</u>					
Tue	06/01/10		Patience	Intro.	
Wed	06/02/10		Patience	1	
Thu	06/03/10		Patience	2	
Fri	06/04/10		Patience	3	
Sat	06/05/10		Patience	4	
Sun	06/06/10		Patience	5	
Mon	06/07/10		Patience	6	
Tue	06/08/10		Patience	7	



ACTT Daily Activity Log (continued) – Anger Management for Positive Results 3 Module

		Learned (√)		Activity/Action		
Date		√	Book	Chapter	√	Notes (description of activity/action, comments, etc.)
Wed	06/09/10		Patience	8		
Thu	06/10/10		Patience	9		
Fri	06/11/10		Patience	10		
Sat	06/12/10		Patience	11		
Sun	06/13/10		Patience	12		
Mon	06/14/10		Patience	13		
Tue	06/15/10		Patience	14		
Wed	06/16/10		Patience	15		
Thu	06/17/10		Patience	16		
Fri	06/18/10		Patience	17		
Sat	06/19/10		Patience	18		



ACTT Daily Activity Log (continued) – Anger Management for Positive Results 3 Module

		Learned (√)		Activity/Action		
Date		√	Book	Chapter	√	Notes (description of activity/action, comments, etc.)
Sun	06/20/10		Patience	19		
Mon	06/21/10		Patience	20		
Tue	06/22/10		Patience	21		
Wed	06/23/10		Patience	22		
Thu	06/24/10		Patience	23		
Fri	06/25/10		Patience	24		
Sat	06/26/10		Patience	25		
Sun	06/27/10		Patience	26		
Mon	06/28/10		Patience	27		
Tue	06/29/10		Patience	28		
Wed	06/30/10		Patience	29		



ACTT Daily Activity Log (continued) – Anger Management for Positive Results 3 Module

		Learned (√)		Activity/Action		
Date		√	Book	Chapter	√	Notes (description of activity/action, comments, etc.)
Thu	07/01/10		Patience	30		
Fri	07/02/10		Patience	31		
Sat	07/03/10		Patience	32		
Sun	07/04/10		Patience	33		
Mon	07/05/10		Patience	34		
Tue	07/06/10		Patience	35		
Wed	07/07/10		Patience	36		
Thu	07/08/10		Patience	37		
Fri	07/09/10		Patience	38		
Sat	07/10/10		Patience	39		
Sun	07/11/10		Patience	40		



ACTT Daily Activity Log (continued) – Anger Management for Positive Results 3 Module

		Learned (√)		Activity/Action		
Date		√	Book	Chapter	√	Notes (description of activity/action, comments, etc.)
Mon	07/12/10		Patience	41		
Tue	07/13/10		Patience	42		
Wed	07/14/10		Patience	43		
Thu	07/15/10		Patience	44		
Fri	07/16/10		Patience	45		
Sat	07/17/10		Patience	46		
Sun	07/18/10		Patience	47		
Mon	07/19/10		Patience	48		
Tue	07/20/10		Patience	49		
Wed	07/21/10		Patience	50		
Thu	07/22/10		Patience	51		



ACTT Daily Activity Log (continued) – Anger Management for Positive Results 3 Module

		Learned (√)		Activity/Action	
Date	√	Book	Chapter	√	Notes (description of activity/action, comments, etc.)
Fri	07/23/10	Patience	52		
Sat	07/24/10	Patience	53		
Sun	07/25/10	Patience	54		
Mon	07/26/10	Patience	55		
Tue	07/27/10	Patience	56		
Wed	07/28/10	Patience	57		
Thu	07/29/10	Patience	58		
Fri	07/30/10	Patience	59		
Sat	07/31/10	Patience	60		
Sun	08/01/10	Patience	61		
Mon	08/02/10	Patience	62		



ACTT Daily Activity Log (continued) – Anger Management for Positive Results 3 Module

		Learned (√)		Activity/Action		
Date		√	Book	Chapter	√	Notes (description of activity/action, comments, etc.)
Tue	08/03/10		Patience	63		
Wed	08/04/10		Patience	64		
Thu	08/05/10		Patience	65		
Fri	08/06/10		Patience	66		
Sat	08/07/10		Patience	67		
Sun	08/08/10		Patience	68		
Mon	08/09/10		Patience	69		
Tue	08/10/10		Patience	70		
Wed	08/11/10		Patience	71		
Thu	08/12/10		Patience	72		
Fri	08/13/10		Patience	73		



ACTT Daily Activity Log (continued) – Anger Management for Positive Results 3 Module

		Learned (√)		Activity/Action	
Date		√ Book	Chapter	√	Notes (description of activity/action, comments, etc.)
Sat	08/14/10	Patience	74		
Sun	08/15/10	Patience	75		
Mon	08/16/10	Patience	76		
Tue	08/17/10	Patience	77		
Wed	08/18/10	Patience	78		
Thu	08/19/10	Patience	79		
Fri	08/20/10	Patience	80		
Sat	08/21/10	Patience	81		
Sun	08/22/10	Patience	82		
Mon	08/23/10	Patience	83		
Tue	08/24/10	Patience	84		

Glossary

Ahavas Chesedloving kindness
B'li Nederwithout making a formal commitment
Bitachontrust in Hashem
Chesedkindness
Chizukmoral support
Daveningpraying
Emunafaith
Hakaras HaTovgratitude
Kavanahconcentration
Klal Yisraelthe Jewish people
Lashon Haraevil tongue (speech) - any derogatory or damaging (physically, financially, socially, or stress-inducing) communication
Midah, Midoscharacter trait, character traits
Mitzvaha commandment
Mussarethical teaching
Neshamahsoul
Nisayona test
Ona'as Devarimcausing hurt through the spoken word
Parnasalivelihood
Rechilusgossip-mongering - any communication that generates animosity between people
Refuah Shleimaha complete recovery from an illness
Sefera book
Shidducha match of two eligible and marriageable Jewish singles
Shiurimclasses
Shmiras HaLashonguarding one's tongue
Siddurprayer book
Siyata D'ShmayaDivine Assistance
Talmid, Talmidimstudent, students
Tefillah, Tefillosprayer, prayers
Teshuvarepentance
Zechusmerit