



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

Vilna Gaon - Even Shleima, Chapter 1

Judging Favorably Module Packet 3

...והוי דן את כל האדם לכף זכות.

...and judge every person (or: the entire person) favorably.

Pirkei Avos/Ethics of the Fathers
Chapter 1, Mishnah 6

Table of Contents

CONTACT INFORMATION.....	2
USE OF MATERIAL	2
ACTT <i>JUDGING FAVORABLY</i> MODULE – PACKET 3	3
SPECIFIC GOAL SUGGESTED FOR <i>JUDGING FAVORABLY 3</i> MODULE.....	3
GENERAL GOAL OF <i>JUDGING FAVORABLY</i> MODULE	3
MODULE DURATION	3
TO DO LIST	3
<i>JUDGING FAVORABLY</i> RESOURCES	4
THE PROSECUTOR.....	4
ACTT COMMITMENT FORM – <i>JUDGING FAVORABLY 3</i> MODULE	8
ACTT ACTIVITY/ACTION IDEAS.....	9
ACTT DAILY ACTIVITY LOG – <i>JUDGING FAVORABLY 3</i> MODULE.....	12
GLOSSARY	21

Contact Information

For additional information, please contact us at:

ACTT e-mail: info@actt613.org

ACTT web site: www.actt613.org

ACTT postal mailing address: ACTT
48 Edgemount Road
Edison, NJ 08817

ACTT tel#: (732) 993-5376

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 20081117

ACTT Judging Favorably Module – Packet 3

Specific Goal Suggested for *Judging Favorably 3* Module

To give the members of my family the benefit of the doubt and to judge them favorably.

General Goal of *Judging Favorably* Module

To develop an awareness and a mindset that results in consistently giving each person the benefit of the doubt and judging each person favorably.

Module Duration

This module is part 3 of the *Judging Favorably* series and will last for 13 weeks.

To Do List

- If you are not yet a member of the ACTT Organization, fill out a membership application and submit it – see Membership page of www.actt613.org or ACTT Welcome Kit
- Fill out the “ACTT *Judging Favorably 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 *Judging Favorably* activity/action in your “ACTT *Judging Favorably 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, Kavanah During Davening, Hakaras HaTov, Bitachon, Anger Management for Positive Results, and Shmiras HaLashon* modules) in your “ACTT *Judging Favorably 3* Activity Log” in this Module Packet’s Appendix – the *ACTT Activity/Action Ideas* has suggestions
- Participate in the chizuk activities, as desired:
 - ACTT *Judging Favorably 3* kickoff 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

Judging Favorably Resources

The following are some resources for learning about *Judging Favorably*:

- [The Other Side Of The Story - Giving people the benefit of the doubt - stories and strategies](#) by Yehudis Samet; Artscroll Mesorah; ISBN: 0899065198
- [It Wasn't How It Seemed - Short stories about people who jumped to conclusions](#) by Yehudis Samet; Artscroll Mesorah; ISBN: 1578194822
- [Courtrooms of the Mind](#) by Hanoach Teller; New York City Publishing Company; ISBN: 0961477245
- [A Tzaddik in Our Time: The Life of Rabbi Aryeh Levin](#) by Simcha Raz, Translator: Charles Wengrov; Feldheim Publishers; ISBN: 0873061306
- "Tisha B'Av 1999: A Positive Light: How judging with favor reshapes our world" audio tape with Rabbi Yissocher Frand; Chofetz Chaim Heritage Foundation
- "Tikkun Ha'Adam: Judging Others Favorably" shiurim by Rav Moshe Weinberger in MP3 audio format downloadable from the Aish Kodesh Institute web site: www.aishkodesh.org

The Prosecutor

by Sara Yoheved Rigler

Reproduced with Aish HaTorah's permission from:

http://www.aish.com/spirituality/growth/The_Prosecutor.asp

They're wrong, but are you right?

No doubt about it -- Devorah was wrong. At the end of the lecture I gave for her organization, I expected her to reach into her purse, pull out my check, and hand it to me. Instead she said, "Is it okay if we pay you tomorrow?"

"Tomorrow?" I was disconcerted. I'm used to being paid at the end of a speaking engagement. "That won't be easy," I protested. "I live inside the walls of the Old City. How will you get it to me tomorrow?"

"It's not a problem. We have a driver who does errands for us."

"Okay," I muttered reluctantly. "Tomorrow."

I knew getting the check the next day would be a big hassle. Since the Old City is inaccessible to cars, I would have to trek out to the street and wait for their driver. Devorah's inefficiency would make me waste time -- my pet peeve. Besides, Devorah, an observant Jew, surely knew about the Torah's injunction to "pay the worker at the end of the day" [or at the end of the week or month, if that's the mutually agreed period], and she willfully ignored it.

Sure enough, getting my check the next day cost me six phone calls to Devorah and the driver, a five-minute trek from my house to meet the car, and a 15-minute wait for the driver, who got stuck in traffic. I was miffed, and it was all Devorah's fault.

That night Rebbetzin Tziporah Heller taught her weekly class in my home. Until the moment the class began, I was embroiled in trying to renew my Norton Anti-virus. Symantec's website wouldn't accept my order. The Customer Service rep finally promised that her supervisor would phone me at 10:15 that night.

The class was supposed to end at 10:00, but it went over by ten minutes. Although I always collect the money from the students, this time I handed the collection jar to a friend and hurried into my "office" to receive the call from Symantec. Rebbetzin Heller was still there when I emerged ten minutes later. I walked her out and thanked her for a great class.

An hour and a half later, I noticed the collection jar full of money. I had forgotten to give Rebbetzin Heller her payment. I had failed to "pay the worker at the end of the day."

I was mortified. I myself had become guilty of the very act for which I had condemned Devorah!

I realized I was so focused on scrutinizing Devorah's failure to pay me on time that I had failed to scrutinize my own response. I hadn't even bothered to ask myself: What's the right response to her wrong action?

Now it hit me: My response should have been to judge her favorably. Searching for extenuating circumstances would have replaced my critical attitude with a compassionate one. "*She single-handedly organized the whole event,*" I could have told myself. "*She had a myriad of details to attend to. So she accidentally forgot one item. It could happen to any of us.*"

Just as she had blown it, so had I.

The Other Way Around

Rabbi Yisrael Salanter, the 18th century founder of the Mussar Movement, said: "We should worry about our own spiritual lacks and our neighbor's material lacks. But usually we do it the other way around. We worry about our neighbor's spiritual lacks and our own material lacks."

So what's the right response when someone does something wrong?

The Torah gives a number of guidelines:

1. Judge the person favorably
2. Do not speak lashon hara [negative, true speech] about the person
3. Do not hate the person in your heart
4. Do not carry a grudge and do not take revenge
5. Give rebuke privately, but only if you can do it with love and make the person feel like s/he was helped rather than criticized
6. View what happened as a message from Above to examine your own deeds

Keeping this list in mind, imagine how differently you would react when someone does something wrong.

At 3 PM the boss leaves the office to attend a funeral. Ten minutes later, Elaine ducks out of work, smug that she can get away with it. You're about to gossip to your coworker about Elaine taking off, but instead you stop yourself and ask: *What's the right response?*

When you tell your 12-year-old son that he can't go out until he finishes his homework, he answers back with real chutzpah. You're about to let him have it, but instead you ask yourself: *What's the right response?*

Sitting with a group of friends at a party, Steve cracks a joke at Marci's expense. She's embarrassed and runs out of the room. You're about to tear into Steve with, "You're such a jerk," when you ask yourself: *What's the right response?*

Asking the simple question, "What's the right response?" will not only divert you from a carping, critical attitude, but will also save you from doing something that may be as bad or worse than the wrongdoing you've witnessed.

The Rightest Response

Danny, at 25 years old, was in the process of exploring his relationship to Judaism. He came to Jerusalem to spend a year studying at Aish HaTorah. He rented an apartment and bought an expensive motorcycle to get around Jerusalem's congested streets.

One evening he went to visit his teacher, Rabbi Yom Tov Glazer. When he emerged from Rabbi Glazer's apartment a couple hours later, Danny's motorcycle was gone. It had been stolen.

Danny was horrified. The motorcycle had cost him a big chunk of his savings. Even worse, however, was that his tefillin were in the motorcycle's storage box. He had received this fine set of tefillin from his parents for his Bar Mitzvah. Although his family is observant, Danny had stopped putting on tefillin some five years before. Still, he carried them with him wherever he went, perhaps as a kind of talisman. The motorcycle, however costly, was replaceable, but he could never replace his Bar Mitzvah tefillin.

Danny immediately called the police. Then Rabbi Glazer took him in his car to scan the neighborhood. Motorcycle thieves typically roll their booty to a nearby hiding place, then return with tools to get the engine working. Danny and Rabbi Glazer spent an hour combing a five-block radius around the scene of the crime, without success. Finally Rabbi Glazer dropped off a heartbroken Danny at his apartment.

Danny could have responded with bitterness, resentment, or anger at the thief who had ripped him off. Instead he turned the spotlight on himself and examined his own deeds. He concluded that because he was not putting the tefillin on each day as he was supposed to, he had lost the privilege of owning them. He resolved that the next morning he would go out and buy a new set of tefillin, and he would henceforth put tefillin on daily.

Meanwhile, Rabbi Glazer drove home. Because of the dearth of parking spaces near his apartment, he leased a parking space in a private lot six blocks away. He parked his car in his space. As he started to walk away, he glanced over the low wall beside his car. There, hidden in the shadows, was Danny's motorcycle.

And inside the storage box were Danny's Bar Mitzvah tefillin.

ACTT Module Packet Appendix



ACTT Commitment Form – Judging Favorably 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 _____

- ___ *Judging Favorably 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*
 - ___ *Kavanah During Davening act(s)* *daily* or *weekly*
 - ___ *Hakaras HaTov act(s)* *daily* or *weekly*
 - ___ *Bitachon act(s)* *daily* or *weekly*
 - ___ *Anger Management for Positive Results act(s)* *daily* or *weekly*
 - ___ *Shmiras HaLashon for Positive Results act(s)* *daily* or *weekly*
- *Learning ___ minutes daily from* (ACTT recommends 5 minutes daily):
 - The ACTT *Judging Favorably 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) 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
- 2) Some of the ideas for Judging Favorably were adapted from "The Other Side of the Story" by Yehudis Samet
- 3) Some of the ideas for Kavanah During Davening were adapted from Praying with Fire by Rabbi Heshy Kleinman
- 4) 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
- 5) Ideas for Improving Anger Management were adapted from Anger The Inner Teacher @ www.aish.com/spirituality/growth/Anger_The_Inner_Teacher.asp

IDEAS FOR JUDGING FAVORABLY

<p>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.</p>	<p>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</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 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 HA'TOV

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

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



ACTT Activity/Action Ideas (continued)

IDEAS FOR IMPROVING ANGER MANAGEMENT

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

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?"

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 – Judging Favorably 3 Module

Abbreviations: 1) Other Side of Story = The Other Side Of The Story by Yehudis Samet; 2) JF = *Judging Favorably*; 3) AC = *Ahavas Chesed*; 4) KDD = *Kavanah During Davening*; 5) HT = *Hakaras HaTov*; 6) B = *Bitachon*; 7) AM = *Anger Management*; 8) SL = *Shmiras HaLashon*

		Learned (√)		Activity/Action	
Date	√	Book	Pages	√	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/08	√	Other Side of Story	x	√
					JF: Did not jump to conclusions; and/or AC: Helped someone find a job; and/or KDD: Meditated for 5 minutes before davening; and/or HT: thanked a friend for their thoughtfulness; and/or B: Trusted that whatever Hashem does is for my good; and/or AM: Took a brisk walk to release anger;; and/or SL: Paused to think before speaking;
Note: This is a continuation of the <i>Judging Favorably</i> module and below are suggested pages to read each day from <u>The Other Side Of The Story</u>					
Sun	11/23/08		Other Side of Story	149-150	
Mon	11/24/08		Other Side of Story	150-151	
Tue	11/25/08		Other Side of Story	151-153	
Wed	11/26/08		Other Side of Story	153-154	
Thu	11/27/08		Other Side of Story	154-156	
Fri	11/28/08		Other Side of Story	156-157	
Sat	11/29/08		Other Side of Story	158-159	
Sun	11/30/08		Other Side of Story	159-162	



ACTT Daily Activity Log (continued) – Judging Favorably 3 Module

		Learned (√)		Activity/Action	
Date	√	Book	Pages	√	Notes (description of activity/action, comments, etc.)
Mon	12/01/08	Other Side of Story	162-163		
Tue	12/02/08	Other Side of Story	164-165		
Wed	12/03/08	Other Side of Story	167-168		
Thu	12/04/08	Other Side of Story	168-169		
Fri	12/05/08	Other Side of Story	170-171		
Sat	12/06/08	Other Side of Story	171-173		
Sun	12/07/08	Other Side of Story	173-175		
Mon	12/08/08	Other Side of Story	175-176		
Tue	12/09/08	Other Side of Story	176-177		
Wed	12/10/08	Other Side of Story	177-178		
Thu	12/11/08	Other Side of Story	178-179		



ACTT Daily Activity Log (continued) – Judging Favorably 3 Module

		Learned (√)		Activity/Action		
Date		√	Book	Pages	√	Notes (description of activity/action, comments, etc.)
Fri	12/12/08		Other Side of Story	179-181		
Sat	12/13/08		Other Side of Story	181-183		
Sun	12/14/08		Other Side of Story	185-187		
Mon	12/15/08		Other Side of Story	187-188		
Tue	12/16/08		Other Side of Story	189-190		
Wed	12/17/08		Other Side of Story	190-192		
Thu	12/18/08		Other Side of Story	192-193		
Fri	12/19/08		Other Side of Story	193-195		
Sat	12/20/08		Other Side of Story	195-196		
Sun	12/21/08		Other Side of Story	196-198		
Mon	12/22/08		Other Side of Story	199-200		



ACTT Daily Activity Log (continued) – Judging Favorably 3 Module

		Learned (√)		Activity/Action	
Date	√	Book	Pages	√	Notes (description of activity/action, comments, etc.)
Tue	12/23/08	Other Side of Story	200-201		
Wed	12/24/08	Other Side of Story	201-202		
Thu	12/25/08	Other Side of Story	202-203		
Fri	12/26/08	Other Side of Story	204-205		
Sat	12/27/08	Other Side of Story	206-208		
Sun	12/28/08	Other Side of Story	208-211		
Mon	12/29/08	Other Side of Story	211-212		
Tue	12/30/08	Other Side of Story	212-213		
Wed	12/31/08	Other Side of Story	213-214		
Thu	01/01/09	Other Side of Story	214-215		
Fri	01/02/09	Other Side of Story	215-216		



ACTT Daily Activity Log (continued) – Judging Favorably 3 Module

		Learned (√)		Activity/Action	
Date	√	Book	Pages	√	Notes (description of activity/action, comments, etc.)
Sat	01/03/09	Other Side of Story	216-218		
Sun	01/04/09	Other Side of Story	219-221		
Mon	01/05/09	Other Side of Story	221-222		
Tue	01/06/09	Other Side of Story	223-225		
Wed	01/07/09	Other Side of Story	225-227		
Thu	01/08/09	Other Side of Story	227-228		
Fri	01/09/09	Other Side of Story	228-229		
Sat	01/10/09	Other Side of Story	229-230		
Sun	01/11/09	Other Side of Story	230-233		
Mon	01/12/09	Other Side of Story	234-235		
Tue	01/13/09	Other Side of Story	235-237		



ACTT Daily Activity Log (continued) – Judging Favorably 3 Module

		Learned (√)		Activity/Action	
Date	√	Book	Pages	√	Notes (description of activity/action, comments, etc.)
Wed	01/14/09	Other Side of Story	237-238		
Thu	01/15/09	Other Side of Story	238-239		
Fri	01/16/09	Other Side of Story	239-241		
Sat	01/17/09	Other Side of Story	243-245		
Sun	01/18/09	Other Side of Story	245-246		
Mon	01/19/09	Other Side of Story	246-247		
Tue	01/20/09	Other Side of Story	247-248		
Wed	01/21/09	Other Side of Story	248-249		
Thu	01/22/09	Other Side of Story	249-250		
Fri	01/23/09	Other Side of Story	250-251		
Sat	01/24/09	Other Side of Story	251-254		



ACTT Daily Activity Log (continued) – Judging Favorably 3 Module

		Learned (√)		Activity/Action	
Date	√	Book	Pages	√	Notes (description of activity/action, comments, etc.)
Sun	01/25/09	Other Side of Story	254-255		
Mon	01/26/09	Other Side of Story	255-257		
Tue	01/27/09	Other Side of Story	259-260		
Wed	01/28/09	Other Side of Story	260-261		
Thu	01/29/09	Other Side of Story	261-262		
Fri	01/30/09	Other Side of Story	262-263		
Sat	01/31/09	Other Side of Story	265-267		
Sun	02/01/09	Other Side of Story	267-269		
Mon	02/02/09	Other Side of Story	269-271		
Tue	02/03/09	Other Side of Story	273-274		
Wed	02/04/09	Other Side of Story	275-276		



ACTT Daily Activity Log (continued) – Judging Favorably 3 Module

		Learned (√)		Activity/Action	
Date	√	Book	Pages	√	Notes (description of activity/action, comments, etc.)
Thu	02/05/09	Other Side of Story	276-277		
Fri	02/06/09	Other Side of Story	277-278		
Sat	02/07/09	Other Side of Story	279-281		
Sun	02/08/09	Other Side of Story	281-282		
Mon	02/09/09	Other Side of Story	282-284		
Tue	02/10/09	Other Side of Story	284-285		
Wed	02/11/09	Other Side of Story	286-288		
Thu	02/12/09	Other Side of Story	289-292		
Fri	02/13/09	Other Side of Story	292-293		
Sat	02/14/09	Other Side of Story	293-295		
Sun	02/15/09	Other Side of Story	297-298		

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