

### טפלונו שקר:

I spread lies and deceit.  
I involved myself & my thoughts with impure things.  
I carried on מוקצה שבת.  
I closed my heart to קדושה.  
I chose bad over good.  
I did not maintain a standard of purity.

### יעצנו רע:

I transgressed the יחוד אסור of יהוד.  
I spent time with scoffers & inappropriate people.  
I knew the הלכה yet transgressed anyways.  
I knowingly gave people bad advice.  
I did not fear ה' properly.

### כזבנו:

I angered ה'.  
I was ungrateful.  
I intentionally hurt my friend.  
I wasted my time with emptiness.  
I honoured the wicked.  
I made an inappropriate nickname for my friend.

### לצנו:

I wore shaatnez.  
I did not check my clothing for shaatnez.  
I did not do חסד to the best of my ability.  
I did not fear ה'.  
I did not look into “where I have come from and where I am going”.  
I did not properly protest those who are doing evil.  
I did not daily await משיח.  
I was not careful to fulfill the מצוות precisely.  
I did not answer “אמן” properly.  
I davened without proper kavanah.  
I performed מצוות just to impress others.  
I did not forgive others when embarrassed.  
I did not honour my parents properly.  
I wore clothing that was not צניעות.

### דברנו דופי:

I spoke לשון הרע and/or רכילות.  
I used inappropriate and bad language.  
I spoke in a way not befitting a בן ישראל.  
I wasted my time speaking silly empty things.  
I spoke about weekday matters on שבת.  
I spoke dishonestly.  
I said one thing but really meant something else.  
I spoke inappropriately about גדולי ישראל and/or חז"ל.  
I spoke during davening.  
I did not judge others favorably.

### העוינו:

I thought about other things during my davening.  
I davened without kavana.  
I was bothersome to others.  
I took pride in other people's embarrassment.  
I said ה' s Name in vain or without proper Kavana.  
I paskened a הלכה without clarifying it properly.

### והרשענו:

I did not stand up for the honour of ה'.  
I was not careful about causing a חלול ה'.  
I was the cause of others doing עברות.  
I was not careful with the property of others.  
I said ודוי but did not try hard enough to change.  
I involved myself in מחלוקת.

### זדנו:

I was not careful about גטילת ידים.  
I made fun of my parents.  
I made fun of my teachers.  
I watched or listened to inappropriate things.  
I threw and/or wasted food.

### חמסנו:

I flattered evil doers.  
I caused a חלול ה'.  
I cast unwarranted suspicion on good people (חושד בכשרים).  
I was מחלל יום טוב and/or מחלל שבת.  
I promised to pay someone and did not.  
I was desirous of other people's things.  
I transgressed the laws of being shomer negia.

*The states that תשובה only helps if one details what they have done wrong. In order to enable each girl to detail her mistakes, we have listed below (following the עברות some common עברות that girls struggle with.*

### אשמנו:

I ate non-kosher foods.  
I did not properly check fruits & vegetables for bugs.  
I ate bread without washing ידים.  
I ate without saying a ברכה ראשונה.  
I said an incorrect ברכה.  
I ate without bentsching afterwards.  
I did not mourn over גלות השכינה and the destruction of the בית המקדש.  
I did not answer אמן after hearing a ברכה.  
I was cruel to others.  
I did not empathize with other's sorrows.  
I did not try to strengthen my אמונה.

### בגדנו:

I was not careful with the אסור of eating milk & meat.  
I allowed my mind to wander during davening.  
I trusted in my own strength rather than trusting in ה'.  
I made unnecessary ברכות.  
I made incorrect ברכות.  
I made ברכות without kavana.  
I wasted my time with empty foolishness and meaningless things.  
I stopped others from doing the correct things.  
I did not show proper respect to my parents.  
I did not show proper respect to my teachers.  
I did not show proper respect to Rabbonim.  
I did not show proper respect to the בית הכנסת - by the way I spoke or dressed.  
I embarrassed my friend in public.

### גזלנו:

I stole – other's property or other's ideas.  
I was haughty and ran after compliments.  
I deceived people.  
I revealed someone's secrets.  
I caused harm to someone.  
I repaid good with bad.  
I was not careful with the הלכות of being shomer negia.

# ודוי לנשים

נעתק מספר הדרך לתשובה  
מאת הגאון רבי משה שטרנבוך שליט"א  
ונערך לנשים ברשותו ובהסכמתו  
ע"י ר' מנחם ניסל שליט"א  
מח"ס רגשי לב – תפילתן של נשים

Taken from the sefer "of Hagaon  
Rav Moshe Shternbuch שליט"א

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for High School Girls  
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## קשינו ערף:

I did not go on the proper path in life.  
I was jealous of others.  
I was too selfish to give צדקה.  
I cursed my friends.  
I read inappropriate books and magazines.  
I was involved with inappropriate media.  
I accepted לשון הרע.

## רשענו:

I deceived my friends.  
I ran to get involved in מחלוקת and inappropriate behavior.  
I ran after undeserved honour.  
I argued for no good reason.  
I ran after my יצר הרע.

## שחתנו:

I spoke falsely and misrepresented the truth.  
I forgot ה' Presence and I did not put His fear into  
my heart.  
I was quiet while a חלול ה' was being made and I did  
not protest.  
I followed the seduction of my יצר הרע.  
I refused to listen to rebuke.  
I was happy at the downfall of my friend.  
I hated others for no reason (שנאת חנם).  
I heard sad tidings about others but did not feel their pain.

## תעבנו, תעינו, תעתענו:

I desired sin.  
I did not honor תלמידי חכמים.  
I belittled the תורה (or parts of the תורה).  
I did not do תשובה immediately following a sin.  
I did not have proper kavana in my davening.

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## מרדנו:

I held back others from doing the right thing.  
I was not honest in business dealings.  
I belittled others.  
I despised ה' righteous laws.  
I rebelled against ה' dominion.

## נאצנו:

I did not keep my word.  
I took revenge.  
I took material pleasures from this world – but not  
for the sake of Heaven.  
I took credit for things I did not deserve.  
I kept a grudge in my heart.  
I acted in a non-צניעות fashion.

## סררנו:

I veered from the path of a בן ישראל.  
I turned away from the path of מצוות.  
I contradicted the words of those greater than me.  
I forgave people superficially but not in my heart.

## עוינו:

I pretended to be humble, but was not.  
I involved myself with empty meaningless things.  
I was not careful to treat orphans and widows  
with respect.  
I transgressed prohibitions and customs.

## פשענו:

I threw off the yoke of Heaven.  
I was afraid to protest against those doing sins.  
I opened other people's mail without permission.  
I separated myself from the community.  
I did not fear sin.

## צררנו:

I caused pain to others.  
I caused pain to members of my family.  
I caused pain to my household help.  
I put my needs before the needs of ה'.