

ROADMAP TO TESHUVAH

#1

FIND ROOTS

Action Step: Contemplate and record which are YOUR root *middos* which underlie other negative behaviors.

#2

MOTIVATE YOURSELF TO WANT/NEED (not “like to”) TO CHANGE

Action Step: **Commit to start** learning the *halachos* and *mussar* (plan the source, time, frequency and duration of your learning) that pertain to YOUR root *middos* and other challenge areas.

#3

VERBALLY: REGRET/ADMIT/COMMIT TO CHANGE

Perform the three core steps to *teshuvah*.

#4

TECHNIQUES TO CHANGE

- **Select and write** a small, easily doable *kabolah* that can be done consistently. This will act as a reminder of your commitment.
- Continue learning as per Box #2 above.
- Set personal safeguards (“fences”) to **AVOID TRIGGERS** in YOUR challenge areas.
- Establish **POSITIVE HABITS** to replace negative ones. Slow, easy, consistent.
- Create a **JOURNAL**. Record challenges and successes daily and review weekly.
- **VISUALIZE** your personal challenge – first with your current negative response. Feel the frustration and personal shame/guilt. Next replay the challenge with desired response and feel the achievement/growth/dignity.

#5

FEEL THE GREAT JOY

Feel the great joy of becoming “beloved and treasured” (Rambam) in the “eyes” of Hashem even **BEFORE** you actually succeed in changing.