

Viduy for Women

כ"ד

גַּנְבְּנוּ דַעַת הַבְּרִיּוֹת
We have misinformed people.

גְּלִינוּ סוֹד
We have revealed secrets.

גָּרַמְנוּ נֹזֶק לַחֲבֵרָנוּ וְלֹא הִשְׁגַּחְנוּ עַל זֶה
We have caused damage to our friends, and have not been conscientious about it.

גָּדַלְנוּ בְּנֵינוּ וְלֹא הִשְׁגַּחְנוּ לְחֻנּוּכָם כְּרָאוּי
We have raised our children without being careful to give them the proper chinuch.

גָּמַלְנוּ רַע וְלֹא טוֹב לַחֲבֵרָנוּ
We have treated our friends badly instead of nicely.

גָּלִינוּ עֲרִיּוֹת בְּאֶסוּר נְדָה וּשְׂאָר עֲרִיּוֹת גַּם בְּקִרְבָּה
We have sinned with giluy arayos, by transgressing *issur niddah*, other *arayos* and inappropriate closeness and touching of men.

דְּבַרְנוּ דְּפִי
We have spoken *lashon hara* and *rechilus*.

דְּבַרְנוּ לְשׁוֹן הָרַע וְרַכִּילוֹת
We have spoken words of mockery and derision.

דְּבַרְנוּ דְּבָרֵי שְׂחֹק וְהַתוֹל
We have uttered empty and pointless words.

דְּבַרְנוּ בְּשִׁבְתַּת דְּבָרֵי חַל וּמִשְׂא וּמַתָּן
We have spoken on Shabbos about mundane or business matters.

דְּבַרְנוּ אֶחָד בְּפִה וְאֶחָד בְּלֵב
We have said one thing with our mouths and felt another in our hearts.

דְּבַרְנוּ שְׂלֵא בְּכַבוֹד הָרָאוּי עַל גְּדוּלַי יִשְׂרָאֵל
We have spoken about *Gedolei Yisrael* without proper respect.

דְּבַרְנוּ בְּאֶמְצַע קְרִיאַת הַתּוֹרָה וְהַפְּלָה וְחֻזְרַת הַש"ץ
We have spoken during the reading of the Torah, tefilla, and the *chazaras hashatz*.

בְּגֵדְנוּ
בְּכֶשֶׁר וְחֵלֶב לֹא נִזְהַרְנוּ בְּכָל פְּרֻטְיָהּ כְּרָאוּי
We were not sufficiently careful about separating milk and meat with all its detailed laws.

בְּלַבְלָנוּ דַעַתְנוּ בְּאֶמְצַע תְּפִלָּה בְּהַכְּלִים
We have let our minds wander to nonsense in the middle of davening.

בְּטַחְנוּ בְּכַחוּתֵינוּ וְלֹא בְּטַחְנוּ בְּאֱלֹהֵינוּ יְהוָה שְׁמוֹ
We have relied on our own strengths, rather than relying on Hashem.

בְּרַכְנוּ בְּרֻכּוֹת לְבִטְלָה וְאֵינָה צְרִיכָה וּבְלֵי כּוֹנֵה
We said brachos *l'vatala*, unnecessary brachos, and said brachos without *kavana*.

בְּזַבְּנוּ זְמַן בְּהַכְּלִים וּסְפוּרִים
We have wasted time on nonsense and frivolous stories.

בְּזִינוּ הוֹרִים וּמוֹרִים וְלֹא כְּבָדְנוּ אוֹתָם
We have belittled our teachers and parents and have not honored them.

בְּזִינוּ תַלְמִידֵי חֻכְמִים וְרַבָּנִים וְגְדוּלִים וְצַדִּיקִים
We have belittled *talmidei chachamim*, *rabbanim*, *gedolim* and *tzaddikim*.

בְּזִינוּ חֲבֵרָנוּ בְּפָנֵי רַבִּים
We have belittled our friends in public.

בְּבִתֵּי כְּנִסְיוֹת שׁוֹחֲחֵנוּ דְּבָרֵי חַל
We have discussed *divrei chol* in shul.

בְּרֻכּוֹת זְרָקְנוּ בְּלֵי כּוֹנֵה
We have tossed off brachos without *kavana*.

גְּזַלְנוּ
גָּאִינוּ וְחִפְשָׁנוּ כְּבוֹד וּשְׂבָחִים
We have been haughty, looking for honor and praise.

גָּעַרְנוּ בְּבָנִים וּמְשֻׁרְתִים אוֹ חֲבָרִים וְצַעֲרָנוּם שְׂלֵא כְּדִין
We have berated children, employees, or friends, and have pained them wrongfully.

אֲשַׁמְנוּ
אֲכַלְנוּ מֵאֲכָלוֹת אֶסוּרוֹת מִן הַתּוֹרָה וּמִדְּרַבָּנִין
We have eaten non-kosher foods that are forbidden by the Torah or the Rabbis.

אֲכַלְנוּ וְנִכְשַׁלְנוּ בְּתוֹלְעִים שְׂלֵא בְּרָקְנוּ כְּרָאוּי
We have eaten infested foods by not checking them properly for bugs.

אֲכַלְנוּ עֲרָלָה וְכִלְאֵי הַכֶּרֶם, וְלֹא נִזְהַרְנוּ בְּהַפְּרָשַׁת תְּרוּמוֹת וּמַעֲשׂוֹת
We have eaten *orlah* or *kl'ei hakerem*, and we have not been careful to separate *terumos* and *maasros*.

אֲכַלְנוּ בְּלֵי בְּרָכָה, אוֹ לֹא בְּרַכְנוּ הַבְּרָכָה הַנְּכוּנָה
We have eaten without a bracha, or we have not said the right bracha.

אֲכַלְנוּ לְהֵנָּאת עֲצָמְנוּ בְּלֵי כּוֹנֵה לְשֵׁם שְׁמַיִם
We have eaten for personal pleasure without *kavana l'shaym shamayim*.

אֲבָלוֹת לֹא קִיַּמְנוּ לְהַצְטַעַר עַל גְּלוּת הַשְּׂכִינָה וְחָרְבַן בֵּית הַמִּקְדָּשׁ
We have not mourned sufficiently for the *galus* of the Shechina and the destruction of the Bais Hamikdash.

אֲסָרְנוּ לְאֲחֵרִים דְּבַר הַמִּתַּר בְּלֵי שְׂנֵעֵין בְּהַלְכָה
We have forbidden others to do things that are actually permitted without properly checking out the halacha.

אָמֵן לֹא עָנִינוּ כְּשִׁשְׁמַעְנוּ בְּרָכָה, אוֹ עָנִינוּ אֶמֶן יְתוּמָה וּקְטוּפָה
We have not answered amen when we heard a bracha, or we answered amen too late, or before the bracha was finished.

אֲכַזְרִיִּים הָיִינוּ וְלֹא הִשְׁתַּפַּכְנוּ בְּצַעַר חֲבֵרָנוּ כְּלָל
We have been cruel and did not feel the pain of our friends.

אֲמוּנָה בַּה' לֹא הָיָה בְּנוּ וְלֹא הִשְׁתַּדְּלָנוּ לְהַשִּׁיגָה
We did not have *emunah* in Hashem, and we did not try to acquire it.

אֲכַלְנוּ מִסַּעֲדָה שְׂאִינָה מִסַּפְקַת לְבַעֲלֶיהָ
We have eaten from the food of people who did not have enough for themselves.

Viduy for Women

טפּלנוּ שְׂקָר
טפּלנוּ שְׂקָר וּמְרָמָה
We have made falsehood and deception parts of our lives.

טמאנוּ עֲצָמָנוּ וְרַעֲיוֹנָנוּ
We have made ourselves and our thoughts impure.

טלְטלְנוּ מִקְצָה בְּשַׁבָּת וַיּוֹם טוֹב
We have moved *muktza* on Shabbos and Yom Tov.

טמְטמְנוּ לִבָּנוּ
We have clogged our hearts with stupidity.

טוֹב מְאַסְנוּ וּבְחַרְנוּ בְּרָע
We have despised good and chosen evil.

טְהָרָה לֹא שָׁמְרָנוּ וּלְמַחְשָׁבוֹת טְהוֹרוֹת לֹא הִגַּעְנוּ
We have been careless with purity, and we have never attained pure thoughts.

יַעֲצָנוּ רַע
יַחֲדָנוּ עִם גְּבוּרִים בְּאֶפְסוֹן הָאָסוּר
We have sinned in the halachos of *yichud* with men.

יִשְׁכַּחוּ בְּמוֹשֵׁב לִצִּים
We have willingly spent time with scoffers and lowlifes.

יָדַעְנוּ דִּין וְעָבְרָנוּ עָלָיו
We have known the law but transgressed it anyways.

יַעֲצָנוּ עֲצוֹת לְהַרְבוֹת שִׂנְאָת חַיִּים וְקָטְגוּרֵיָא
We have given advice to increase hatred and discord.

יִרְאָת ה' לֹא הָיָה בָנוּ וּפְחַד מִחַטָּא
We have not had fear of Hashem or fear of sin.

כִּזְבוּנוּ
כַּעֲסָנוּ הַשֵּׁם יְהִבְרַךְ
We have angered Hashem.

כְּפוּיֵי טוֹבָה הָיינוּ
We have been ungrateful.

וְעָדָנוּ עֲצָמָנוּ בְּמַחְלָקוֹת
We have participated in *machlokes*.

וְזָדָנוּ
זָכְרָנוּ שֵׁם שְׁמַיִם לְבַטְלָהּ
We have said Hashem's name in vain.

זָלְזָנוּ בְּנִטְיִילַת יָדַיִם
We have been careless with washing our hands.

זָלְזָנוּ בְּכַבוֹד הוֹרִים וּמוֹרִים
We have belittled the mitzvah of honoring our teachers and parents.

זוֹלָלִים וְסוֹבָאִים הָיינוּ
We have behaved like gluttons.

זָנוּת וּפְרִיצוּת נִמְצְא בְּתוֹכָנוּ
Immorality and *pritzus* have been found among us.

זָרְקָנוּ אֲכָלִים וְלֹא נִזְהַרְנוּ
We have been careless about throwing out food.

חֲמִסָּנוּ
חֲנַפְנוּ אֲחֵרִים וְאַפְלוּ רַשְׁעִים
We have manipulatively given compliments to others, even to wicked people.

חֲלָלְנוּ שֵׁם קְדוֹשְׁךָ אוֹי לָנוּ וּלְנַפְשָׁנוּ
We have desecrated Your Holy Name; woe to us and our souls!

חֲשַׁבְנוּ מַחְשָׁבוֹת רַעוֹת
We have thought inappropriate thoughts.

חֲשַׁדְנוּ בְּכֹשְׁרִים
We have falsely suspected innocent people.

חֲלָלְנוּ שַׁבָּת וַיּוֹם טוֹב בְּמַלְאָכוֹת
We have desecrated Shabbos and Yom Tov with forbidden *melachos*.

חֲיָבְנוּ לְשֵׁלֶם וְלֹא פָרַעְנוּ
We have owed money and have not paid it back.

חֲמַדְנוּ מָמוֹן אֲחֵרִים
We have coveted the money of others.

דָּגַנוּ לְחֻבָּה וְלֹא לְזָכוֹת
We have judged others negatively and not positively.

הִעָוִינוּ
הִרְהַרְנוּ מַחְשָׁבוֹת זְרוֹת בְּתַפְלָה
We thought about irrelevant things during davening.

הִתְפַּלְלָנוּ בְּלֵי פְנֵיהָ
We have davened without kavana.

הִטְרַחְנוּ אֲחֵרִים
We have bothered other people.

הִתְפַּכְּדָנוּ בְּקִלּוֹן חֲבֵרָנוּ
We have felt good when our friends have been shamed.

הִסְגַּנוּ גְּבוּל אֲחֵרִים
We have encroached on our neighbours' property or business.

הִזְכַּרְנוּ הַשֵּׁם לְבַטְלָהּ וּבְלֵי פְנֵיהָ
We have mentioned Hashem's name without proper kavana.

הוֹרָנוּ הוֹרָאוֹת בְּלֵי לְבַרְר כְּרֵאוֹי
We have paskened halacha without proper verification.

וְהִרְשַׁעְנוּ
וְתָרְנוּ עַל כְּבוֹד ה' וְלֹא הִשְׁגַּחְנוּ עַל חִלּוּל שְׁמוֹ
We have been indifferent to Hashem's honor and we have not been concerned about Chillul Hashem.

וְתָרְנִים הָיינוּ בְּמָמוֹן זוּלָתָנוּ
We have been careless with other people's money.

וְדוּי אָמַרְנוּ וְלֹא חֲשַׁבְנוּ וְלֹא הִשְׁתַּדַּלְנוּ כְּרֵאוֹי לְקִימָה
We have recited Viduy insincerely and have not thought it through or made efforts to keep our word.

וְעִידוֹת נִתְוַעַדְנוּ וְדַבְרָנוּ דְּבָרֵי הַכֵּל וּבְלֵי תוֹעֵלָת
We have gone to parties and hang-outs, talking trivially and pointlessly.

Viduy for Women

סרְנוּ מֵאַתְרֵיךָ וּמִצְוֹתֶיךָ
We have strayed from You and Your mitzvos.

סִתְּרָנוּ דְבָרֵי גְדוּלִים מֵאַתְנוּ
We have hidden the words of *gedolim* from ourselves.

סִלְּחָנוּ בִּפְהַ וְהִקְפְּדָנוּ בְּלֵב
We have forgiven with our mouths and remained unforgiving in our hearts.

סִחְרָנוּ בְּדָבָרִים הָאֲסוּרִים
We have done business with halachically forbidden things.

עֲרִינוּ
עֲשִׂינוּ עֲצֻמָּנוּ עֲנָוִים וּבִלְבָנוּ גָאוֹה
We have made ourselves outwardly humble, while remaining haughty in our hearts.

עֲשִׂינוּ עוֹל לְבַעֲלֵינוּ וּמִשְׁרָתֵינוּ
We have caused injustice to our husbands and our servants (housekeepers / maids).

עֲסָקְנוּ בְּדָבָרִים בְּטֵלִים
We have busied ourselves with pointless things.

עֲנִינוּ יְתוּמִים וְאַלְמָנוֹת וְלֹא נִזְהַרְנוּ
We have carelessly oppressed orphans and widows.

עֲבָרְנוּ עַל אֲסוּרִים וּמִנְהֲגִים
We have violated prohibitions and customs.

עֲבָרְנוּ עַל דְּבָרִים שְׁחֵיבִין עֲלֵיהֶם נְדוּי
We have transgressed things punishable by excommunication.

עֲשִׂינוּ נְבִלּוֹת לְיַחִיד וְלְרַבִּים
We have acted despicably to individuals and to the public.

פָּשַׁעְנוּ
פָּרַקְנוּ מֵעַלְיָנוּ עַל מִצְוֹת וַיִּרְאֵת שָׁמַיִם
We have thrown off the yoke of mitzvos and *yiras shamayim*.

We have not been careful with the monetary prohibitions of interest and unfair pricing.

לְבָשָׁנוּ בְּגָדִים שְׂאִינָם צְנוּעִים
We have worn immodest clothing.

מְרַדְּנוּ
מִנְעַעְנוּ אֲחֵרִים לַעֲשׂוֹת מִצְוֹה
We have prevented others from doing *mitzvos*.

בְּמִקְחָ וּבְמִמְכָרָ לֹא נִשְׁאַנּוּ בְּאַמוּנָה כְּרֵאוּי
We have lacked appropriate faith (that everything comes from Hashem) in our business dealings.

מִלְּאָנוּ פִּינוּ שְׂחוֹק
We have filled our mouths with mockery.

מֵאַסְנוּ מִשְׁפָּטֵי צְדָקָה
We have despised Your righteous judgement.

מְרַדְּנוּ בְּמַלְכוּת שָׁמַיִם
We have rebelled against the Kingship of Heaven.

נִאֲצָנוּ
נִדְרָנוּ נְדָרִים וְלֹא קִיַּמְנוּ
We have made promises and not kept them.

נִגְעַנּוּ בְּמִקְוֹמוֹת הַמְּכֻסִּים וְלֹא נִטְלָנוּ יָדַיִם
We have touched the parts of our bodies that are normally covered without washing our hands.

נִהְיֵינוּ מְעוֹלָם הַזֶּה בְּלֵי פִּנְיָה לְשֵׁם שָׁמַיִם
We have enjoyed the pleasures of This World without *kavana l'shaim shamayim*.

נִהְיֵינוּ כְּמִשְׁבָּחִים אוֹתְנוּ אֲף שְׂאִין בְּנוּ
We have taken pleasure in undeserved praise.

נִקְמְנוּ וְנִטְרָנוּ שְׂנְאָה בְּלֵב
We have taken revenge, and kept grudges and hatred in our hearts.

נִהְיֵנוּ בְּהִתְנַהֲגוֹת שְׂאִינָה צְנוּעָה
We have engaged in immodest behaviour.

סִרְרָנוּ
סִרְנוּ מִמִּנְהַגֵי יִשְׂרָאֵל
We have deviated from *minhagei Yisrael*.

פָּוְנוּ לְהַזִּיק לְחֵבְרָנוּ
We have intentionally harmed our friends.

פָּלִינוּ יְמֵינוּ בְּהֶקֶל וְרֵיק
We have wasted our days with emptiness.

כִּפְדָּנוּ רְשָׁעִים
We have honored evil people.

כִּנְיֵנוּ שֵׁם רַע לְחֵבְרָנוּ
We have given our friends degrading nicknames.

כִּבְשָׁנוּ שֹׁכֵר שְׂכִיר
We have withheld payment to our employees.

לְצַנוּ
לְבָשָׁנוּ שְׂעֻטָּנוּ וְלֹא נִזְהַרְנוּ לְבַדֵּק
We have worn shaatnez, and we have not been careful to check for it.

לֹא גָמְלָנוּ חֶסֶד וְצָדִיקָה כְּחוֹבוֹתֵינוּ
We have not done enough chessed nor given enough tzedaka.

לֹא יִרְאָנוּ מִהַקְדוּשׁ כְּרוּף הָאוּ
We have not feared Hashem.

לֹא הִסְתַּפְּלָנוּ מֵאֵין בָּאֵנוּ וְלִפְנֵי מִי אָתָּה עֵתִיד לִתֵּן דִּין וְחֶשְׁבוֹן
We have not paid attention to where we came from (a lowly fertilized ovum) and before Whom we will one day have to give an accounting of our lives.

לֹא מָחִינוּ בְּכָל כְּחֹנוּ נִגְדַּ עוֹשֵׂי רִשְׁעָה
We have not protested with all our strength against evildoers.

לֹא צַפִּינוּ לְיִשׁוּעָה כָּל יוֹם
We have not constantly awaited the salvation of Mashiach.

לֹא דִקְדָּקְנוּ בְּמִצְוֹת לְקַיְמָם כְּהַלְכָה כְּכָל פְּרֻטִיָּהֶם וְדִקְדוּקֵיהֶם
We have not been meticulous to fulfill mitzvos with all their detailed halachos.

לֹא מָחִלְנוּ עַל עֲלּוּבֵינוּ
We have not been forgiving when we were insulted.

לֹא נִזְהַרְנוּ בְּאֲסוּר רַבִּית וְאוֹנְאָה

Viduy for Women

We have listened to the voice of our yetzer hara.
שנאנו מוסר

We have hated mussar.
שמחנו בנפילת אויבינו

We have rejoiced at the downfall of our enemies.
שנאנו חברינו שנאת חנם

We have hated our friends without real justification.

We have heard bad news and were not pained.
שמועות רעות שמענו ולא נצטערנו

We have craved sin.
תעבנו, תעינו, תעתענו
תאבנו לעברות

We have not respected Torah scholars.
תלמידי חכמים לא כבדנו

The holy Torah was degraded in our eyes.
תורה הקדושה בזויה בעינינו

We have donated money to places that it is forbidden to give to.
תרמנו מכספנו למקומות שאסור לתת

We have failed to do teshuva immediately after sinning.
תשובה לא עשינו מיד כשעברנו עברה

We have not had sufficient kavana in davening.
בתפלה לא כונו כראוי

We have not had sufficient kavana in davening.

This is based on the guidance of HaGaon Rav Moshe Shternbuch's guidance by Rabbi Menachem Nissel.

We have forgotten You and not placed fear of You in our hearts.

We have been silent when we saw desecration to Hashem's honor and we have not protested.

We have been jealous of others.

We have been tight-fisted in giving tzedaka.
קפצנו דינו מלתן צדקה

We have cursed our friends.
קללנו חברינו

We have read sefarim chitzoniim (books of inappropriate content) and the like.
קראנו ספרים חיצוניים וכדומה

We have accepted Lashon Hara.
קבלנו לשון הרע

We have been disgusted with our Torah.
קצנו בתורתנו

We have deceived our friends.
רשענו רמינו רענו

We have rushed towards machlokes and sin.
רצנו למחלוקת ועברה

We have chased after positions of power and honor.
רדפנו אחרי שררה וכבוד

We have been evil to both Hashem and man.
רע לשמים ולבריות היינו

We have quarrelled needlessly.
רבנו בחנם

We have run after our yetzer hara.
רצנו אחרי יצרנו הרע

We have lied in many ways.
שחחנו
שקרנו בכל מיני שקר

We have forgotten You and not placed fear of You in our hearts.

We have been silent when we saw desecration to Hashem's honor and we have not protested.

We have been jealous of others.

We have been afraid to protest the behaviour of sinners.

We have opened letters without permission.

We have acted iniquitously.

We have opened letters without permission.

We have acted iniquitously.

We have (by sinning) caused damage to the Higher Worlds.

We have kept ourselves apart from the community.

We have lacked fear of sin.

We have caused pain to others.

We have caused pain to our husbands and members of our household.

We have oppressed our servants (housekeepers / maids).

We have dived to the depths of murky waters to try to fulfill the desires of our yetzer hara.

We have placed our needs above those of Hashem.

We have distorted our path.

We have gotten together to speak foolishness.

We have been jealous of others.

We have been afraid to protest the behaviour of sinners.

We have opened letters without permission.

We have acted iniquitously.

We have (by sinning) caused damage to the Higher Worlds.

We have kept ourselves apart from the community.