

# TEN WAYS

*anthology*

*A collection of Ten Ways articles from  
Rabbi Shaya Cohen and Priority-1*



# TEN WAYS

*anthology*

A Priority-1 publication



# INTRODUCTION

It is a well established fact that everyone knows much more than they are able to access under pressure. The challenges of life, parenting, teaching and Torah living often come at such a fast pace that it becomes very difficult to implement and act according to all of the knowledge that we have.

Based on Rav Yisrael Salanter's mussar principles, a brief list of basic ideas and strategies for the variety of life's difficult situations can be very helpful for reviewing and internalizing the information that we may already know, but overlook under pressure.

The following lists of "10 Ways" have become quite popular in helping us to refocus and further internalize these basic ideas. They are divided into the following sections: parenting, teaching and general Torah living.

It is our hope that the reader will make good use of these lists to enhance effectiveness in these major areas of our lives.

Rabbi Shaya Cohen

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# TEN WAYS

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- **General**
- Holidays
- Parenting and Teacher Training
- Youth At-Risk

## TEN STRATEGIES TO HELP YOU SURVIVE A FINANCIAL CRISIS

- 1 Learn the Halachos of Tzedakah and Maaser scrupulously and set up a special fund to ensure you give properly.
- 2 Invest your money according to the directives of Chazal: 1/3 in real estate, 1/3 in business (i.e. stocks) and 1/3 in cash.
- 3 Concentrate intently when you say “Poseach es Yodecha” in Ashrei, and “Barech Aleinu” in Shmoneh Esrei.
- 4 Say the Tefilla for Parnassah in Shema Koleinu and add personal requests at the end of Shemoneh Esrei.
- 5 Study Bitachon every day from the Halachic and Mussar sources and work hard to internalize the message.
- 6 Think of Hashem as the Master of everything and Source of all blessings whenever you say the words “Baruch Atah Hashem.”
- 7 Review your own Hashgacha Pratis (personal “small” miracles) before going to sleep every night.
- 8 Accept the responsibility of Torah study upon yourself and the burden of your financial obligations will be eased.
- 9 Practice the advice of our Rabbis: pray for a friend who has a similar need, and you will be answered first.
- 10 Say a special Tefillah to thank Hashem for every small improvement and resolve to recite “Nishmas” when your situation really changes.

## TEN WAYS TO STRENGTHEN OUR BITACHON IN HASHEM ONE HUNDRED TIMES EACH DAY

- 1 ברוך – Hashem is the eternal, endless source of all blessing.
- 2 אתה - We are speaking directly, face to face, in familiar form to Hashem.
- 3 Hashem - the name of Hashem has two meanings: אדון הכל - Master and Controller of all, and בעל הרחמים - The Merciful One.
- 4 אדון הכל - The more we realize that Hashem is Master and Total Controller of everything, that which seems impossible seems easier to achieve. We are, therefore, less concerned that we are not worthy of such a change since it seems more natural. We don't feel that we need such a great miracle.
- 5 בעל הרחמים - Realizing the infinite רחמים of Hashem can give us the inspiration to feel that Hashem will have רחמים on us and grant us our desires, despite our not deserving them.
- 6 אלקינו - Refers to Hashem as the Master and Judge. The Master who controls everything is forever judging us. This would seem to make בטהון more difficult. However, Hashem is forever tempering His judgement with mercy. Otherwise, He would not judge us again until next Rosh Hashanah.
- 7 The fact that the Master of all is also judging us indicates His kindness. He wants to do חסד to us, however, the greatest חסד happens when we earn it and therefore can appreciate it more.
- 8 The ultimate בעל חסד who wants to maximize His kindness to us is אלקינו - our Controller and Judge - He is ours. All of His control and judging is only for our benefit.
- 9 מלך העולם - The King of the entire universe has nothing more important to do than take care of each and every one of us and all of our needs.
- 10 The variety of pleasures and benefits for which we make 100 ברכות everyday indicate the total concern that Hashem has for each and every one of us and all of our needs, pleasures and benefits.

## TEN THOUGHTS TO HELP STRENGTHEN YOUR BITACHON

- 1** Hashem is in complete control of everything that happens to me - even things that seem insignificant to me.
- 2** Nothing in my life can change for better or worse unless Hashem wants it.
- 3** Hashem is the only source of goodness and blessing and the only One who can affect my livelihood.
- 4** I know I must do my Hishtadlus, but regardless of my efforts, only Hashem accomplishes.
- 5** Hashem has been good and compassionate to me constantly, even though I may not have deserved it.
- 6** I know Hashem is consistent. He has helped me in the past when I did not deserve it, so He will certainly continue to help me now.
- 7** Hashem has been good and compassionate to me throughout my life, even in the face of difficulty and adversity.
- 8** I am completely confident that I can surrender my fate to Hashem and He will care for me.
- 9** Hashem orchestrates my life's situations during difficult times just as He does during good times - it is always for my benefit.
- 10** I know that Hashem is like the most loving father - He cares about me, He is concerned about me and my family and He is involved in every detail of our lives.

## TEN WAYS FOR MORE MEANINGFUL TEFILLAH FOR OUR CHILDREN

- 1** Take note of Hashem's direct involvement in the details of our lives (השגחה פרטית)
- 2** Encourage your children to write down the small miracles that happen to them.
- 3** Let them know that the purpose of *tefillah* is for our benefit.
- 4** The praises of Hashem are only to inspire and strengthen our trust and reliance (*bitachon*) in Hashem.
- 5** The requests that we ask of Him help to focus that trust further, and in that merit entitle us to benefits that we may not have been worthy of before.
- 6** Explain the meanings of some of the key praises and requests (e.g. הרב אבהו - Hashem Who is Master of everything and full of mercy and kindness is the source of all blessings and benefits).
- 7** Every time we recite these words we can deepen our confidence in Hashem's desire and ability to answer any request.
- 8** Explain the structure of the *Shmoneh Esrei*.
- 9** Assure your children (and yourself) that Hashem doesn't reject a *tefillah* completely, but it often needs time and repetition until it can be answered favorably (הקב"ה מתשוב לתפלתו של צדיקים)
- 10** Advise your children to ask for personal, even little things, at the end of *Shmoneh Esrei* and remind them that everything Hashem does is for the good and therefore He may adjust the *tefillah* for our ultimate benefit.

## TEN WAYS TO STRENGTHEN EMUNAH IN OUR HOMES

- 1** Strong Emunah is based on two fundamental components: our children must know that the Torah is **true**, and they must understand and feel that following the Torah and Mitzvos will make them **happy**.
- 2** The **truth** of Torah should be a natural part of our family life. We can accomplish this with frequent casual discussions describing examples of the truth of Torah, not lectures or “I’ll prove it to you” sessions.
- 3** **Happiness** means feeling validated and good about oneself. Realizing that happiness is an essential part of our children’s Emunah, we will use every opportunity to validate our children, and certainly avoid criticism as much as possible since it can be devastating.
- 4** A sense of true purpose in life is the ultimate validation. **We must explain to our children how Torah is that true purpose** – the purpose for which we were created.
- 5** Conveying love and respect for our children will motivate them to follow the ideals that we espouse. Always avoid conflicts and power struggles.
- 6** Strong Emunah can be best nurtured in a child whose Middos are properly developed.
- 7** Middos can be best developed through **concepts, actions, and example**. We must talk about and **explain** the many different Middos, get our children to **practice** them through actions, and set the **example** for proper Middos.
- 8** Truth, kindness, and Hakoras HaTov for the good that is bestowed upon us are major ingredients in strengthening Emunah in our children.
- 9** We must model an example of happiness through Torah and a positive relationship with Hashem. We must constantly, but casually, point out Hashem’s Hashgacha Pratis in our lives, to help foster their relationship with Hashem.
- 10** Our home environment should be open to and comfortable with questions about anything. We must not answer if we do not have good answers, rather validate the question and search for the answer together.

## TEN WAYS TO INSPIRE BITACHON DURING DIFFICULT TIMES

- 1** Recognize our helplessness.
- 2** Surrender to Hashem.
- 3** Constantly review and stay focused on Hashem’s kindness and mercy throughout our lives - even in the face of adversity.
- 4** Recognize that we have always been less than deserving of His kindness and mercy, and yet it remains constant.
- 5** Focus on His consistency - He has always helped us in the past and His consistency assures that He will continue to do so now and in the future.
- 6** Review daily His *Hashgacha Pratis* (personal “small” miracles) that have occurred to us or that we know firsthand. Imagine these things happening again.
- 7** Remember Hashem is the Master of all, in total control of everything. That is what His name means: “Master of All.”
- 8** He is also the forever-overflowing source of all blessing.
- 9** Think of Him as the Source of all blessing and the Master of everything whenever you say: “Baruch Ata Hashem.”
- 10** Study the meaning of critical parts of *Davening*, like *Adon Olam*, *Ashrei* and *Modim*, and say them with focus and feeling.

# TEN WAYS TO COME CLOSER TO HASHEM THROUGH THE STUDY OF GEMARA

- 1** Recite *ברכת התורה* and *רהב אהבה* daily with *כוונה* and recognition that the giving of Torah (written and oral) to Klal Yisrael is the greatest human privilege and the ultimate expression of Hashem's love for Klal Yisrael.
- 2** The Torah (written and oral) is the blueprint of Creation and all that exists and happens emanates from the Torah. Klal Yisrael's decisions in Torah form the basis for everything that exists and happens.
- 3** *ידיעת ד' תכלית*
- 4** *ישקנ' כ' ד' יתן חכמה מפ'ו ...*
- 5** *לאהבת' ופ'ו מתוך כח*  
To know Him is to love Him
- 6** If you love Him, you want to know everything about Him and if you search to know everything about Him, you come to love Him more and more.
- 7** The deeper the understanding of Hashem and His ways, the deeper the bond and relationship with Him.
- 8** The pursuit of every truth He gave us and the depth and clarity of that truth that we understand, brings us infinitely closer and closer to Him.
- 9** The more I pursue His will, the more I feel obligated to follow His directives. The more I feel obligated to Him, the more I crave to emulate Him and as I emulate Him, if fulfill the purpose of my Creation.
- 10**

# TEN WAYS TO HELP DEVELOP SELF CONTROL

- 1** Learn the Halachos of Tzedakah and Maaser scrupulously and set up a special fund to ensure you give properly.
- 2** Invest your money according to the directives of Chazal: 1/3 in real estate, 1/3 in business (i.e. stocks) and 1/3 in cash.
- 3** Concentrate intently when you say "Poseach es Yodecha" in Ashrei, and Barech Aleinu" in Shmoneh Esrei.
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- 9** Practice the advice of our Rabbis: Pray for a friend who has a similar need, and you will be answered first.
- 10** Say a special Tefillah to thank Hashem for every small improvement and resolve to recite "Nishmas" when your situation really changes.

## TEN WAYS TO HELP DEVELOP SELF CONTROL (II)

- 1 Begin the process with a strong motivator to experience the good feeling of self control.
- 2 Think about and review desired behavior before entering challenging situations.
- 3 Develop a clear definition and picture of success.
- 4 Picture and imagine yourself succeeding before entering a challenging situation,
- 5 Keep a record of behavior and review it regularly.
- 6 Reward yourself for your successes.
- 7 Work together with a friend or mentor to help and guide the process.
- 8 Repeat often actions which represent self control to instill that trait in your personality.
- 9 Study Torah sources which discuss the importance of this process and specific areas that need self control.
- 10 Pray to Hashem to help you develop, exercise and maintain self control.

## TEN WAYS TO ACHIEVE A LIFE OF HAPPINESS

- 1 Learn the definition of happiness before you pursue it.
- 2 Understand the difference between happiness and pleasure. Happiness is a lasting feeling from within. Pleasure is a fleeting thrill from the outside.
- 3 Remember that our Rabbis tell us that wine rejoices the heart leading to improved *sechel* only when it is taken in moderation (תפילות 16, קד 16, קד 16).
- 4 When one is not careful about drinking too much, rather than bringing simcha, it ruins simcha (תפילות 16, קד 16, קד 16). Lessening some inhibition allows the mind to soar, removing inhibition reduces the humanity of a person.
- 5 Recognize that the highest form of happiness is *osher*, which means validation. True happiness is a feeling of validity, self-worth and feeling good about oneself.
- 6 Constantly review the fact that our purpose in this world was revealed to us by the Creator at Sinai and He gave us a manual for life: the Torah. Living up to our purpose inspires the greatest sense of validation/happiness. Not having a purpose is the worst feeling - no validity or self-worth.
- 7 Don't become dependent on pleasures. Pleasure makes us feel bad about ourselves. Why must we have constant outside sources of pleasure to feel temporarily OK? That thought grossly invalidates us.
- 8 Give - Giving extra Matanos Levyonim (gifts for the poor on Purim) brings more simcha than more drinking because it brings with it a feeling of "emulation of Hashem." Hashem rejoices the hearts of the downtrodden and so do I. This is the ultimate validation. (רמב"ם הלכות פורים).
- 9 Love - Giving love uplifts one's spirits more than receiving love. (רמב"ם פ"י ח"י טרה כ"ד-כ"ה).
- 10 Strengthen the relationship with Hashem. The ultimate joy, happiness and pleasure are in the feeling of closeness to Hashem. (אסילת' שריס פרק א). It is also the ultimate sense of personal validation. Torah study, *Tefillah*, *Bitachon* and recognition of Hashem's intimate involvement in our lives all strengthen our relationship with Him.

# TEN WAYS TO COPE WITH A NATURAL DISASTER

# TEN QUESTIONS COMMONLY ASKED ABOUT EMUNAH

**1** Never forget that Hashem loves every member of *Klal Yisroel*; He chose His people, Israel, with love.

**2** Always remember that there is no such thing as an accident; Hashem orchestrates everything that happens.

**3** Always know and remind yourself that everything that the “Merciful One” does is for the good (סוּפְרוּטָא).

**4** Review the idea stated in the Rambam that often something which seems good turns out to be not so, and often we see that things that seem bad bring about results which are unbelievably good.

**5** Review the idea that sometimes in order to grant us great blessing that we do not have the merit to deserve, Hashem brings upon us painful suffering which evokes Divine mercy on us and He is then able to grant us the infinite blessing that we could not have been privileged to receive by merit alone. (אֵינֶנּוּ אֶלֶּיָּהוּ)

**6** The monetary value of losses is included in Hashem’s decree on Rosh Hashanah. The personal, emotional and sentimental pain should be viewed as Hashem’s way of entitling us to His Kindness and mercy to achieve infinite blessings which we would not have been able to achieve without the pain and suffering.

**7** Chazal tell us that when we suffer beyond what we deserve, the pains are “אֵינֶנּוּ אֶלֶּיָּהוּ”, “pains of love”. Because He loves us Hashem wants us to reach higher levels of connection to Him and to attain more reward than we could have before this suffering (אֵינֶנּוּ אֶלֶּיָּהוּ).

**8** Seeing and hearing of all the miracles that happened to spare people should be used to appreciate Hashem’s Hashgacha Pratis (Divine supervision and intimate involvement in every aspect of our existence) and that appreciation of His loving, kind and merciful Hashgacha should help us to realize that our own personal suffering is certainly a product of His love for us and will certainly lead to great blessings.

**9** We must strengthen our Bitachon (trust) in Hashem’s kindness and mercy that He will surely help us to heal, to persevere and to come out of this traumatic suffering even better off than before. The *Navi* tells us that when we feel the intensity of Hashem’s mercy, even the intense suffering of the past seems as if it were only a mere moment. (אֵינֶנּוּ אֶלֶּיָּהוּ)

**10** The sefer on Tehillim Perek 92 offers us an approach to deal with any questions about the fairness of what happens in this world. He says that the tireless, endless efforts of the righteous and their amazing good deeds tell us that Hashem’s ways are completely just and fair. This seems very difficult to understand. Obviously the question of His fairness is not a question of logic. We can’t possibly understand the logic of His ways. The question of His fairness is an expression of the emotional pain of our suffering. It seems that seeing the extent of the goodness of righteous people soothes pain emotionally and restores not only our faith in man’s goodness but in Hashem’s goodness and fairness as well.

**1** How do we know we are right as compared to other religions?

**2** Why do the righteous suffer so much?

**3** How can such an ancient religion be relevant in the modern world?

**4** What are the benefits of so many Mitzvos? Why can’t I just keep the Mitzvos between man and man? Why do we have to pray so much? What is the purpose of life/creation?

**5** Explain the status of the woman in Judaism.

**6** How can we resolve the seeming discrepancies between Torah and science?

**7** How can we explain inconsistencies and misconduct among so-called “religious Jews”?

**8** Why are there so many differences of opinion among the Rabbinic scholars and how can they all be the “word of G-d”?

**9** Explain the concept of the “chosen nation”.

**10** If Hashem loves us so much, why did He create so much pleasure to forbid to us?

# TEN PRINCIPLES FUNDAMENTAL TO LEARNING B'YUN

- 1** Repeatedly read and analyze the *Rishonim* on the *Sugya* as precisely and accurately as possible.
- 2** Focus specifically on the area(s) where *Rishonim* disagree.
- 3** Clarify the change in understanding between the question and the answer.
- 4** Work on *Tosfos* and relevant *Mefarshim* as building blocks for a *Sugya*.
- 5** Study *Gedolei Achronim* along with *Rishonim*.
- 6** To extract the fundamentals of the *Sugya* from the words of the *Sugya* itself.
- 7** Learn under an expert Rebbi.
- 8** When a question and answer is followed by another question and answer.
- 9** If a question in *Tosfos* seems unrelated to the previous discussion.
- 10** One should review again and again the sequence of steps in the *Tosfos*.

## TEN WAYS *anthology*

- General
- **Holidays**
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## TEN WAYS TO HELP YOUR CHILDREN HAVE A MORE MEANINGFUL YOMIM NORAIM

- 1** Explain to your children how Hashem actively seeks ways to forgive, and will forgive them - even if the best they can do is want to do *Teshuva*.
- 2** Remind them that Yiddishkeit is not all-or-nothing – that their Aveiros do not invalidate their Mitzvos or diminish Hashem's love.
- 3** Model the virtue of personal growth by sharing your own goals to improve a particular Mitzvah or Middah, or by working to improve something together with your children.
- 4** Urge them to privately recall something they wish they could undo, and reassure them that now is their opportunity to erase whatever they regret.
- 5** Share your personal stories of *Hashgacha Pratis* with your children to demonstrate Hashem's direct involvement in your family's day-to-day lives.
- 6** Encourage your children to focus on two or three things they truly appreciate as constant reminders of Hashem's benevolence in their own lives.
- 7** Sincerely ask your children for *Mechilah* during the *Yomim Noraim* to teach that everyone can make mistakes, and is equally worthy of being forgiven.
- 8** Suggest they undertake a small goal to improve their Yiddishkeit with reassurance that the most proper and effective way to grow is through small, obtainable steps of self-improvement.
- 9** Make a special effort during the *Yomim Noraim* to model Hashem's Middah of patience, compassion and forgiveness in your interactions with your spouse and children.
- 10** Show your children that they are the center of your world. Postpone a meeting or ignore a phone call to make time for them so they'll feel cherished and can comprehend that Hashem, too, considers them the center of his world.

## TEN WAYS TO HELP YOUR CHILDREN FEEL THE JOY OF SIMCHAS TORAH IN THE LEARNING OF TORAH ALL YEAR LONG

- 1** Teach your children that they are rewarded for every word of Torah study, and that they improve their skills every time they make a sincere effort to understand, regardless of how much progress they feel they have achieved.
- 2** Help your children realize that Torah and Mitzvos are empowering; that choosing to do what's right - especially when it requires extra strength - is exhilarating and fulfilling. Learning Torah gives us that strength.
- 3** Share the incomparable feeling of satisfaction that comes from *Ameilus B'Torah* by deciphering a cryptic *Passuk* or delving deeply into a *Gemara* together with your children.
- 4** Guide them to learn HOW to learn, in addition to their actual learning. Assure them that by mastering skills, their comprehension and enjoyment will grow with time and consistent effort.
- 5** Ensure that they grasp the basic concepts at hand before digressing to more advanced material. Developing a clear understanding brings satisfaction and fulfillment and is the primary purpose of learning.
- 6** Create an excitement for Torah in your children by making learning interactive; involve them in the give and take and challenge them to think at every step of the learning process.
- 7** Continuously revisit the fundamental principles and common concepts of learning. These elements are frequently taken for granted and children may be embarrassed to admit their lack of knowledge.
- 8** Help your children value Torah by emphasizing that learning creates a personal relationship with Hashem and is the ultimate source of happiness and validation.
- 9** Discuss the challenges and frustrations that you have faced in learning, and ask your child if they, too, have similar difficulties. Resolve to work together to overcome these obstacles.
- 10** Instill a proud connection to Torah with reminders that the Torah they study is the very same that Dovid Hamelech, Rashi, the Chofetz Chaim, Rav Moshe Feinstein, and all the greatest Gedolim and Jewish leaders have learned, struggled with, and mastered. They, too, will play an important role in passing it on to their children and the next generation.

# EIGHT WAYS TO HELP YOUR CHILDREN LEARN THE SECRETS OF THE DREIDEL

- 1** Remind your children that a commandment to perform a Mitzvah is a personal mission from the Creator of the Universe Himself, yet, it is entirely for our benefit.
- 2** Encourage your children to consciously try to feel closer to Hashem while performing a Mitzvah - especially one that is difficult or inconvenient.
- 3** Teach your children to take pride in Mitzvos by focusing on one Mitzvah they particularly enjoy and work with them to improve that Mitzvah even more.
- 4** Ask your children to identify things for which they have Hakaras Hatov, to help them feel closer to Hashem and inspire more enthusiasm when performing Mitzvos.
- 5** Help your children feel Hashem's involvement in their lives by pointing out instances of Hashgacha Pratis that directly affect them.
- 6** Recount examples of Hashgacha Pratis in your life to show that Hashem is directly involved in our lives and cares even about the smallest details.
- 7** Improve your children's performance of a specific Mitzvah by studying its Halachos together and discussing the Taamei Hamitzvah - its reasons and benefits.
- 8** Marvel at how the candles that we light today are the same ones that our people have sacrificed to light for 2,173 years, and how exciting and rare it is to be so distinctly and definitively connected to such a glorious past.

# TEN WAYS TO HELP YOUR CHILDREN (AND YOURSELF) HAVE A MORE MEANINGFUL PURIM

- 1** Have fun! Purim is a great opportunity to enjoy time with family, friends and especially your kids...take advantage of it.
- 2** Keep in mind that even on Purim you are a role model for your children and make sure to act appropriately.
- 3** Realize that lessening your inhibition can allow your mind to soar and bring simcha; removing inhibition entirely can diminish a person's simcha. (תפליים 16:37 מנחת ש"ס)
- 4** Appreciate that all pleasures, including drinking, can make us feel good...but only temporarily; happiness can last a lifetime.
- 5** Distinguish between happiness and pleasure; happiness is a *lasting feeling* from within; pleasure is a *fleeting thrill* from the outside.
- 6** Understand for yourself and teach your children that our Rabbis define true happiness as "osher" - validation - an intrinsic sense of self-worth.
- 7** Remember that our Rabbis tell us that wine rejoices the heart leading to improved "sechel" ...only when it is taken in moderation (תפליים 16:37 מנחת ברד"ק)
- 8** Emphasize the joy of giving by offering extra Matanos L'evyonim (gifts for the poor on Purim). Explain that you are "emulating Hashem" - Hashem rejoices the hearts of the downtrodden and so can we. (ראב"ם פ"לכות פורים)
- 9** Tell your children the story of Purim and emphasize the hashgacha pratis - Hashem's intimate involvement in every detail of our lives.
- 10** Communicate to your children that on Purim the Jewish people once again accepted the Torah, renewing our commitment to our Creator. Living up to this purpose can inspire the greatest sense of validation and happiness.

# TEN WAYS TO HELP YOU AND YOUR CHILDREN HAVE A MORE MEANINGFUL PESACH SEDER

- 1** **Make the most of your Seder** and best fulfill the mitzvah of *V'higadita L'vincha* by staying focused on telling the actual story of *Yetzias Mitzrayim*; concentrate on the events and their lessons.
- 2** **Transform *Yetzias Mitzrayim*** from a story into a reality by celebrating the Seder just as you would celebrate a *Simcha* in your own family. Speak about it vividly, personally and enthusiastically...you'll inspire yourself and your children.
- 3** **Prepare for the Seder!** Spend time studying books and Midrashim that elaborate specifically on the details of each miracle to help your children appreciate the extent of Hashem's kindness.
- 4** **Make Pesach personal and relevant** to your children. Use your discussion about the amazing miracles of *Yetzias Mitzrayim* as a means of opening their eyes to the miracles Hashem performs for us every day.
- 5** **Show your children** how so much of Pesach Seder revolves around them, demonstrating how much Hashem cares about every child and values each one as an essential member of *Klal Yisroel*.
- 6** **Involve your children in the Pesach Seder.** Prepare stimulating and challenging questions that will guide them to understand the lessons of Haggadah and be an active participant in the Seder.
- 7** **Practice the lesson of the Four Sons** *during your Seder* by making a particular effort to involve each child (and adult!) in a way that best suits his or her unique personality, style and level.
- 8** **Take the time to patiently answer your children's questions.** If you don't know the answer, create a powerful Chinuch experience by asking a Rabbi and exploring the issue...*together with your child*.
- 9** **Reinforce their *Emunah*** through the Pesach Seder by explaining that the miracles of *Yetzias Mitzrayim* irrefutably demonstrated Hashem's complete control over the world to millions of eyewitnesses. We attest to this truth every year on the Seder night.
- 10** **Inspire yourself** by remembering that tonight Jewish parents around the world are passing on a glorious 3,320 year old legacy to their children as their parents and ancestors have done before them. Realize that the Seder that you create for your children will inspire them for the rest of their lives and shape the future Seder that they will make for their children.

## TEN WAYS *anthology*

- General
- Holidays
- Parenting and Teacher Training
- Youth At-Risk

# TEN WAYS TO HELP YOUR CHILD HAVE A SUCCESSFUL SCHOOL YEAR

- 1** Express clearly and regularly that you are confident that they will succeed.
- 2** Speak positively and respectfully about their school and teachers.
- 3** Show them that you value their education by asking them specific questions about school each day instead of a perfunctory "How was your day?"
- 4** Demonstrate that you sincerely value genuine efforts - especially when your child falls short of achieving a goal.
- 5** Outline and discuss simple, reasonable rules before school starts to avoid power struggles and arguments. Be sure to explain how the rules are for their benefit, not to simply control them.
- 6** Help them become less prone to negative influences and peer pressure by reiterating the distinction between happiness and pleasure - pleasure is a short, fleeting sensation, happiness is an ongoing feeling of satisfaction with oneself.
- 7** Maintain a close relationship by spending real time daily talking to your child and even more time listening.
- 8** Inspire them to realize the importance of *Tefillah* and Torah study by personal example, not just verbally.
- 9** Encourage positive peer relationships and friendships and older peer mentoring when possible.
- 10** Pray constantly for their success in Torah, Mitzvah observance and Middos. Remember that despite your child's efforts, ultimately success needs *Siyata Dishmaya* from above.

# TEN WAYS TO INSPIRE OUR CHILDREN

- 1** Make sure that all Torah learning is exciting, stimulating and interactive.
- 2** Make sure that they realize that Tefillah is to inspire in us a greater appreciation of Hashem, develop a closer relationship with Him and trust Him and through that process be able to receive the benefits we want from Hashem.
- 3** Alert them to the ongoing, endless incidents of *השגחה פרטית* throughout our history and continuing throughout our own lives.
- 4** Encourage them to discover Hashem's *השגחה פרטית*, individual and intimate involvement in their own lives.
- 5** Make sure that they are aware that Hashem's purpose in creating the world was to bestow *חסד* on His creations in both this world and the next.
- 6** Be sure they understand that the purpose of *תצומצום* and *תורה* is only to refine one's character.
- 7** Let them know, through teaching and personal example, that each *מצוה* provides a benefit to the one who observes it specifically and generally, fostering happiness, closeness to Hashem and eternal reward.
- 8** Learn with them parts of *שיר השירים* with *והי* to help them to realize how much Hashem loves us, despite our shortcomings and how much we love Him, despite the difficulties He sometimes makes us endure.
- 9** Let them know that the more they refine their *תצומצום* the more like Hashem they are and the closer and more fulfilling their relationship is with Him in this world and beyond.
- 10** Make sure that real *התאמה* and a sense of privilege to have Torah permeates your home, your life and your observance of all *תצומצום*.

# TEN WAYS TO PARENT FOR THE TWENTY-FIRST CENTURY

- 1** Constantly show your children that they are your number one priority!
- 2** Develop a close and open relationship so that they can talk to you about *anything* without fear of losing your respect or love.
- 3** Convey the distinction between happiness and pleasure. Happiness is constantly feeling good about oneself - feeling validated. Pleasure is a temporary feeling that comes from outside stimuli which eventually makes one feel inadequate.
- 4** Validate your children with more than just encouragement and compliments. Develop their judgement by allowing them to make decisions between appropriate choices and encouraging their individuality within appropriate parameters.
- 5** Limit pressure whenever possible and remember not to sweat the small stuff.
- 6** Fortify your children's self-esteem to protect them from negative influences. Be aware that a child who feels good about himself and his way of life will not feel the void which makes children so vulnerable to the dangers around them.
- 7** Model a personal example of a Torah life that our children will want to emulate. Exude happiness, meaning and purpose, personal growth and a realization of the benefits of this lifestyle.
- 8** Help your children develop a positive relationship with Hashem through understanding the benefits of Tefillah and recognizing that Hashem answers our Tefillos through his Hashgacha Pratis (intimate and individual involvement in every aspect of our existence). They must also have a clear understanding of the purpose of creation which is to benefit us according to how much we can earn.
- 9** Inspire your children with Bitachon - trust in Hashem, as the loving and caring G-d who is always involved in every aspect of our lives. At the same time, explain the benefits of suffering to help them cope with the difficulties that they see or may experience.
- 10** Work in tandem with your children's schools and teachers to ensure that they are getting what they need. Different children have different learning styles and cannot all succeed within a single approach. Recognize that a qualified mentor can often accomplish what a parent or teacher cannot, and it is very important that they have appropriate recreational outlets.

# TEN WAYS TO HELP YOUR CHILDREN (AND YOURSELF) DO TESHUVA

- 1** Focus on the tremendous love Hashem has for everyone of us.
- 2** Recognize that Hashem only wants to bestow kindness upon us, not to punish us - be confident in the knowledge that all He wants is for us to return to Him.
- 3** Ask Hashem to help us do Teshuva and draw us closer to Him.  
(ר' ישראל סלנטר)
- 4** Know that Teshuva is within our reach - the essence of repentance is a firm resolve not to make the same mistake again.  
(סיפור הגר"א: בתי ראש: קלא)
- 5** Begin the Teshuva process with a small step in the right direction.  
(ר' ישראל סלנטר, אורי ישראל: אגרות 3)
- 6** View the Teshuva process as a rejuvenation of our relationship with Hashem, not only as a means of repenting for specific Aveiros.
- 7** Reflect on how far we have distanced ourselves from our Father, our King; this realization has the power to draw us closer to Him.  
(ספורני' דברים: פרק ל: א-ה)
- 8** Cultivate יראת שמים - fear of G-d - within the context of Hashem's love and desire to forgive us - otherwise the fear can be paralyzing.  
(רמב"ן-תהלים ק"ל)
- 9** Understand the difficulty of admitting our shortcomings but realize that this admission is essential for the process of change to take place.
- 10** Remember, it is never too late to do Teshuva! Any judgement against us can be eradicated through *Teshuva*, *Tefillah* and *Tzedaka*.

# TEN TOPICS FOR TEACHER TRAINING

- 1** Best responses to twenty-five most common issues and questions.
- 2** Dealing with one's own emotions.
- 3** Mental health issues and options.
- 4** Learning to focus on students feeling good about themselves.
- 5** Training and sensitizing teachers to validate, not judge, their students and learn to make them happy.
- 6** Kids must have general relaxation and fun - Yiddishkeit must be enjoyable.
- 7** Developing close relationships between Rebbe and Talmid.
- 8** Create opportunities to discuss personal issues and general Hashkafa discussions.
- 9** Train teachers to articulate and explain truths of Torah and relevance and benefits of Torah living.
- 10** Develop awareness of criteria of who should not go into teaching.

# TEN ISSUES IN CHINUCH TODAY

- 1** Pressure
- 2** Individuality
- 3** Love, respect and relationship
- 4** Interactive learning / Class size
- 5** Encouraging and answering questions
- 6** Happiness - Feeling good about oneself
- 7** Criticism
- 8** Relationship with Hashem
- 9** Reasons and benefits of Mitzvos
- 10** Knowing the truth of Torah Min Hashamayim

# TEN GOALS FOR CHINUCH TODAY

- 1 In depth analysis in Torah and Mussar.
- 2 Interactive and challenging learning.
- 3 Individualization.
- 4 Validation of all students.
- 5 Close personal relationships between students and teachers.
- 6 Perceive the inner greatness of every student, even if the outside seems different.
- 7 Respect for each student and his individuality.
- 8 Develop techniques, skills and tools that can be used to always decipher the true meaning of any Torah text.
- 9 Each student should learn to articulate with clarity the testimony and evidence for the truth of Torah from Sinai.
- 10 Each student should be able to articulate the benefits derived from a life of Torah and Mitzvos.

# TEN BASIC PRINCIPLES OF CHINUCH FOR PARENTS AND TEACHERS

- 1 *Chinuch* is the process of initiation of a lifelong commitment to Torah and Mitzvos.
- 2 Successful *chinuch* requires engaging both the mind and the heart of the student/child.
- 3 Successful *chinuch* requires a two sided relationship of mutual love and respect.
- 4 Successful *chinuch* requires the recipient to understand the truth of Torah given to us by the Creator Himself.
- 5 Successful *chinuch* will only occur when the recipient realizes that a Torah life will be of great benefit to him and is the source of true happiness.
- 6 Successful *chinuch* needs role models of sensitivity to others, integrity and consistency.
- 7 The person being *mechanech* must be alert to recognize problems, circumstances and occurrences that can interfere with the *chinuch* process and know how to deal with these issues.
- 8 Successful *chinuch* needs an open atmosphere where recipients feel free to ask questions that bother them and can get sensitive and appropriate answers.
- 9 Successful *chinuch* should inspire a positive relationship with the Creator, with an appreciation for the purpose of creation, the unique importance of Torah, meaningful *Tefillah* and *Bitachon*.
- 10 Successful *chinuch* considers the unique individuality of each person, the dangers of too much pressure, and uses love, meaning, happiness, and the benefits of a Torah life to motivate, rather than fear.

# TEN WAYS TO HELP YOU AND YOUR CHILDREN START THE SCHOOL YEAR OFF RIGHT

- 1 Believe in their success, but reduce pressure by letting them know that your love is unconditional.
- 2 Validate them.
- 3 Teach them to trust Hashem.
- 4 Show them how important their schooling is to you.
- 5 Teach them to pray for success in school.
- 6 Let them know you want to keep informed of everything that goes on.
- 7 Get a good mentor from the beginning.
- 8 Set a fixed time to learn with them from the start.
- 9 Teach them that *they* are responsible for themselves, not the school or the home.
- 10 Makes sure they have an adequate dosage of appreciation of *hashgacha pratis*, the truth of Torah Min Hashamayim and the benefits of a Torah lifestyle.

# TEN POINTS TO HELP UNDERSTAND OUR YOUTH IN ORDER TO UNLOCK THEIR GREAT POTENTIAL

- 1 Overwhelming and endless exposure to temptation.
- 2 Extensive parental and yeshiva pressure to be perfect and fit one mold, with undue concern for what the neighbors, friends, etc. will think, rather than what is in the best interest of our youth.
- 3 Overwhelming business of parents and teachers. Parents both work out of the house and teachers run from job to job, both generating a sense of not having enough time for being involved in our youth's lives and problems.
- 4 Our youth is exposed to many inconsistencies on the part of the adult generation. It often does not practice what it preaches.
- 5 Our youth does not see great passion for Torah learning and observance.
- 6 The emphasis on materialism has a negative affect. Materialism seems to be more important than spirituality and religious development. Even religiously, everything seems so materialistic i.e. material covered, material of hat or head covering material of clothing, hair style etc.
- 7 Youth growing up in a sophisticated and secularized world have many questions. They often feel that their questions are not welcome and often ignored.
- 8 Growing up in a very free society where almost anything goes, the restrictions of Torah seem harsh unless our youth can understand and see their benefits in a very down to earth way. They don't feel that they are being given the understanding of a relevant beneficial result in the here and now. Benefits in the next world are too far away.
- 9 Happiness is a result of feeling and being validated. How valid can our youth feel if they are constantly criticized and put down by parents, teachers and the religious community in general? They are often made to feel a lack of validity, which causes them understandably to be unhappy. If they are unhappy in their environment, they wish to get away.
- 10 Since everyone is so busy, and so much is going on outside the family, they don't get the attention they need to feel loved, as their counterparts did in a previous generation, where the central focus of parent's lives was their family.

## TEN WAYS TO HELP YOUR CHILDREN SUCCEED AT YIDDISHKEIT

- 1** Magnify the positive ways your children observe Mitzvos and steer clear of ever comparing their growth in yiddishkeit to that of their friends or siblings.
- 2** Ask your children to recall “*Gam zu l'tovah*” moments to fortify them from any disillusionment when it may seem that their *tefillos* have gone “unanswered.”
- 3** Compliment your children for asking questions about *emunah*, *bitachon b'chirah*, etc. Let them know their questions show their desire to become closer to Hashem.
- 4** Do everything in your power to avoid giving your children the impression that ‘what other people think’ is more important than ‘how your children feel.’
- 5** Reinforce the relevance of Hashem and Torah in everyday life by frequently demonstrating instances of *Hashgacha Pratis* and *Siyata d'Shamaya*.
- 6** Remind them that when it comes to growing in Torah and Mitzvos, there is no such thing as failure - the reward they receive comes from trying, not succeeding.
- 7** Use positive reinforcement and guide your children to love *Tefillah* and *Limud HaTorah*, rather than drive them away with punishments and threats.
- 8** Validate your children’s spiritual growth by reminding yourself that their challenges, questions, frustrations, doubts and conflicts were once yours, too.
- 9** Perceive your children as *Ehrlche Yidden* in formation - don’t ignore their missteps but don’t dwell on them either. Remind them that spiritual perfection takes a lifetime.
- 10** Thank Hashem daily for the children He gave you and never stop telling children how much you appreciate Hashem’s gift.

## TEN POINTS EVERY PARENT SHOULD KNOW BEFORE SENDING A CHILD TO ISRAEL

- 1** An honest, open and trusting relationship with your child can be crucial to his or her success.
- 2** Your teenager will have a lot of freedom. Makes sure he is prepared for it.
- 3** More freedom means more choices. Help your child make the right choices.
- 4** Establish a contact person in your child’s yeshiva or seminary and stay in touch.
- 5** Mentors play an important role in your child’s success. Make sure he or she finds one.
- 6** Network with other parents.
- 7** Sort out all the money, communication, danger and free time issues clearly *before* your child goes to Israel.
- 8** Establish clear rewards for appropriate behavior.
- 9** Establish clear consequences for highly inappropriate behavior.
- 10** Express your love and trust and find opportunities and ways to show it.

# TEN WAYS

*anthology*

- General
- Holidays
- Parenting and Teacher Training
- **Youth At-Risk**

# TEN THOUGHTS FOR INTERVENTION OF TEENAGE PROBLEMS

- 1** Older peer mentoring.
- 2** Better communication between teen and parents and teacher - listen intently and empathetically.
- 3** Professional counseling for teens by most perceptive, competent and experience experts in specific area of difficulty.
- 4** Guidance, advice and training for parents and teachers from experts in the particular area of difficulty or problem.
- 5** Limit pressure and criticism - give them some space.
- 6** Show more unconditional love, respect, acceptance and validation. Strengthen relationship with teen.
- 7** Offer more positive rewards rather than more discipline and punishment. Explain rationally the need for rules and regulations.
- 8** Make sure to communicate that your concerns are for your teenager's well-being, success and happiness, rather than your own needs, feelings, embarrassment, neighbors or shidduchim.
- 9** Orchestrate some experiences of excitement and fulfillment in Torah learning and living. This will go a long way in substituting for feelings of emptiness and lack of fulfillment in Torah. Guide them to a meaningful relationship with their Creator and more positive appreciation of the meaning and benefits of Tefillah and Bitachon.
- 10** If and when possible, encourage them to hang out in your house, rather than always running away. Make it attractive and welcoming, but don't pressure them to do it.

# TEN FACTORS CONTRIBUTING TO TEENAGE PROBLEMS

- 1** Overwhelming pressure just to fit a mold. Lack of understanding of meaning and purpose of existence.
- 2** Lack of success. Lack of validation. Lack of security of unconditional loving relationships.
- 3** Tragedy or trauma. Familial strife, upheaval or breakdown.
- 4** Pent-up, unattended frustration. Medical/psychiatric or chemical issues.
- 5** Negative influence of friends. Lack of positive role models.
- 6** All forms of abuse including: verbal, physical, emotional, psychological and sexual. Being the constant object of criticism, ridicule or oversight on part of parents, teachers, siblings or friends.
- 7** Unaddressed learning difficulties and disabilities. Unaddressed failures.
- 8** Lack of attention to uniqueness of the individual educationally, emotionally, intellectually and socially. Neglect.
- 9** Constantly unanswered questions. Lack of enjoyment in Torah living and learning.
- 10** Lack of understanding of relevance and benefits of Torah and Mitzvos. Sense of failure in relationship with Creator - the ultimate failure and destroyer of human validity.

# TEN PROBLEMS COMMON TO TEENAGERS

- 1 Loneliness/lack of happiness.
- 2 Rebellious/defiant at home.
- 3 Rebellious/defiant at school.
- 4 Religious indifference.
- 5 Various levels of religious non-observance.
- 6 Anti-religious.
- 7 Substance abuse.
- 8 Addictions.
- 9 Depression.
- 10 Antisocial behavior.

# TEN REASONS WHY THE MAJORITY OF YOUTH AT RISK ARE RETURNING

- 1 Parents and the educational establishment are recognizing that there is a serious problem and that no one is immune. The increased awareness of these challenges and their reversal has dissipated the denial that existed previously.
- 2 More and more parents and educators are realizing that accepting these children as they are and validating their concerns when they are legitimate, are critical factors in turning our wayward youth around.
- 3 Always providing unconditional love is a very important factor in bringing kids back.
- 4 Deep down, everyone who goes off the derech knows that they will never be happy until they work through their issues with Yiddishkeit.
- 5 Parents and educators are beginning to realize this and are not giving up on them.
- 6 Parents are learning to treat the at-risk phenomenon as a mutual problem shared between them and their child, rather than a basis for conflict and strife.
- 7 Parents and educators are taking more advantage of the well-trained and experienced frum professionals available today to help our children.
- 8 Teenagers who go off the derech are realizing that the inappropriate thrills so readily accessible to them lead to no real lasting fulfillment or happiness. They also begin to realize that their frum friends are much happier than they, which spurs them to work harder to improve.
- 9 More and more understanding and caring mentors are becoming involved in their lives and guiding them in these efforts.
- 10 More and more parents and educators are being trained in prevention, detection, and early intervention for at-risk challenges.

## TEN WAYS TO INTERVENE WITH SERIOUS TEENAGE CHALLENGES

- 1 Continue to show love and respect and maintain a close relationship despite the challenging circumstances. The love must be unconditional and show that you believe that they will eventually succeed.
- 2 Communicate more but make sure to listen, listen, listen - intently and empathetically.
- 3 Be sure to communicate that your concerns are only for your child's well-being, success and happiness, not your own needs and feelings, such as embarrassment from neighbors or Shidduchim.
- 4 Limit pressure, give space, refrain from criticism and validate your child as much as possible. Explain the need for rules and structure.
- 5 Offer more positive incentives for improvement rather than more discipline and punishment.
- 6 Orchestrate older peer mentoring.
- 7 Oftentimes appropriate professional help is imperative for both children and parents.
- 8 Validate their complaints, frustrations and anger whenever possible.
- 9 Orchestrate experiences of excitement in Torah learning and living which can help fill the feelings of emptiness. Guide them to a meaningful relationship with Hashem and a positive appreciation of *Tefillah* and *Bitachon*.
- 10 Strengthen the appreciation for the truths of *Torah MiSinai* and the benefits of happiness, meaning and fulfillment that the Torah gives us in this world not just the next world.

## TEN WAYS TO PREVENT OUR CHILDREN FROM BECOMING AT RISK

- 1 Be very involved in the lives of your children, communicate with them and listen to them with love and respect.
- 2 Do everything possible to make sure that they are happy. Happiness is defined as feeling good about themselves.
- 3 Validate them at every true opportunity.
- 4 Set a positive example of a life of meaning, purpose, fulfillment and happiness in your own pursuit of Torah and Mitzvos.
- 5 Use every opportunity to explain to them the benefits in this world of the observance of Torah and Mitzvos; both the general benefits and the specific ones for each individual Mitzva.
- 6 Make *אמונה* relevant to them by constantly pointing out Hashem's *תורה* *אצלם*, the purpose and meaning of *אמונה* and what it means to have *אמונה* in Hashem and to forge a loving relationship with Him.
- 7 Limit pressure and criticism.
- 8 Treat each child as the individual that he or she is.
- 9 Encourage and answer all questions.
- 10 Don't deny the existence of a problem and find appropriate professional help when behavior seems beyond the norm for their age.

## TEN WAYS TO PREVENT OUR CHILDREN FROM GOING OFF THE DERECH

- 1** Always express and demonstrate unconditional love, respect and acceptance.
- 2** Find and orchestrate opportunities for them to feel good about themselves. Happiness is about feeling validated.
- 3** Establish reasonable expectations for their religious and overall behavior and express these clearly to them. Take care not to exert much pressure and minimize criticism.
- 4** Nurture a home environment full of peace, joy, love, respect, and kindness. Make conscious efforts to foster excitement about the privilege of studying Torah, observing Mitzvos, and having a positive relationship with Hashem.
- 5** Realize that every child is unique. Respect that individuality and help him or her find the unique potential inside them.
- 6** Choose the right school for each individual child and work together with the principals, Rebbeim, and teachers to maximize your child's Yeshiva experience. Whenever appropriate, encourage them through incentives and opportunities to succeed, rather than pressure.
- 7** Learn to communicate with your children and remember that the main ingredient in communication is empathetic listening.
- 8** Be alert to problems early on and deal with them appropriately, and when necessary, professionally. Do not deny their existence.
- 9** Recognize that oftentimes, especially with troubled teenagers, the parents' influence is very limited and the need for an outside mentor can be critical. This is normal and does not constitute a rejection of the parents by the child.
- 10** Maintain a home environment where children feel free to ask any questions. Make sure that they understand the purpose of life, the truth of Torah, and the benefits of Mitzvos.

## TEN WAYS TO THE TWELVE STEPS TO RECOVERY FROM ADDICTIONS

- 1** Admit that you are powerless over your addiction, that your life has become unmanageable.
- 2** Come to believe that a Power greater than you could restore you to society.
- 3** Make a decision to turn your will and your life over to the care of G-d.
- 4** Make a searching and fearless moral inventory of yourself and admit to G-d, to yourself, and to another human being the exact nature of your wrongs.
- 5** Be entirely ready to have G-d remove all these defects of character and humbly ask Him to remove your shortcomings.
- 6** Make a list of all persons that you harmed and become willing to make amends to them all.
- 7** Make direct amends to such people wherever possible, except when to do so would injure them or others.
- 8** Continue to take personal inventory and when wrong, promptly admit to it.
- 9** Through prayer, seek to improve conscious contact with G-d, praying for the knowledge of His will for you and the power to carry that out.
- 10** Having had a spiritual awakening as the result of this process, try to carry this message to others with similar challenges, and to practice these principles in all your affairs.