

Making Things Right: Teshuva Between People

Yom Kippur cleanses what's between you and Hashem. What's between you and another person needs one and possibly two more steps to be taken.

When to do this: The ideal is to rectify things as soon as you realise you've wronged someone — the sooner the better. If you haven't gotten to it yet, do this exercise before Yom Kippur; the days leading up to it are an especially appropriate, powerful time.

1. Make your list

Think back over the year. Who have you hurt, embarrassed, taken from, spoken about, let down, or wronged in some way — even a small one? You may already have some of these written down from the Between You and Hashem exercise, if you marked any there as also involving someone else — bring those over here too. Teshuva between people involves repaying any financial amount owed if this is relevant, and apologising sincerely and receiving forgiveness.

You don't need to remember everything at once, or get it perfect. Just start with whoever comes to mind first, and let the rest follow.

For each item involving another person, Yom Kippur only cleanses it once you've: **(1)** rectified any real damage (returned what was taken, paid back any money owed, undone what can be undone), and **(2)** received that person's forgiveness. Note both parts where relevant in the "How I'll Fix It" column below.

There's more than one way to ask forgiveness: go in person, write a message or letter, or — if it's too hard to go yourself — ask someone else to approach them for you. If you truly can't be explicit about what happened, a sincere general version is enough:

"It's Yom Kippur in a few days, a time to ask for forgiveness in case a wrongdoing was done during the year. In case you have done anything to me, I of course forgive you... and if I have done anything against you, could I ask you to forgive me?"

Sincerely asking for forgiveness can feel really hard — you can pray to Hashem for help. And know that on the other side, you'll know it was worth it!

If you need more space, feel free to reprint this page.

2. Choose who to start with

You don't need to tackle the whole list today. Mark the ones you feel ready to start with — an asterisk (*) works well — and if it will help you, you could number them in the order you'll tackle them, perhaps starting with whichever feels most overdue, or that's been quietly weighing on you the most.

If it helps, write below:

WHO	WHAT FOR	WHEN

If a situation feels genuinely complicated, it's worth speaking to a Rav for clarity — this is only a basic overview.