

# HOW YOU CAN BE ZOCHÉ B'DIN ON ROSH HASHANA

IN THESE DAYS OF DIN, IN ORDER TO BE ZOCHÉ TO LIFE FOR OURSELVES, OUR FAMILIES, AND FOR ALL OF K'LAL YISROEL, PLEASE CONSIDER THE FOLLOWING:

מי האיש החפץ חיים...  
נצוד לשונך מרע

According to Dovid Ha'melech one can begin to be zoche to life by refraining from negative speech. Common examples include:

**Avoid:**

- Hurting somebody with words
- Speaking angrily
- Ridiculing and being severe with others
- Lying
- Using negative words (stupid, clutz, hate, ugly, mean, etc.)

**Instead:**

- Make someone feel good with a kind word
- Speak calmly and softly
- Speak courteously (please, thank you, your welcome)
- Speak the truth - even when it hurts you
- Use positive words (beautiful, kind, love, nice, special)
- Keep the words "Boruch Hashem" on your lips

כל הדן את חברו לכף זכות  
דנן אותו לכף זכות (שבת קכז):

כל המעביר על מדותיו  
מעבדין לו על כל פשעיו (ר"ה ז):

Chazal advise that if one judges others favorably, and does not deal strictly with them, he is judged favorably and his sins will be forgiven.

**Avoid:**

- Judging others and their deeds by your perception
- Reacting quickly to criticism
- Being exacting with others
- Acting stubbornly

**Instead:**

- Judge others favorably
- React patiently
- Be lenient and tolerant
- Be accommodating

בתורה וחתומה טובה May we be zoche to a