Al Cheyt (a Hebrew acrostic) - How do we rate?	Me	My family	My friends	My community
We have erred against You by [אָמוץ הַלָּב] hardening our hearts;				
We have erred against You by [בְּטוּי שְׂפָּחָיִם] speaking perversely.				
We have erred against You [גָּלוּי וּבַפֶּתֶר] publicly and privately;				
We have erred against You by [דַבּוּר פֶּה] corrupt speech				
We have erred against You by [הַרְהוֹר הַלֵּב] evil thought				
We have erred against You by [לְדוּי פֶּה] insincere confession.				
We have erred against You [זְּדוֹן וּבִשְׁנְנָה] intentionally and unintentionally;				
We have erred against You by [חָלוּל הַשֵּׁם] desecrating your name.				
We have erred against You by [טָפְּשׁוּת פֶּה] foolish talk;				
We have erred against You [יוֹדְעִים וּבְלֹא יוֹדְעִים] knowingly and unknowingly.				
We have erred against You by [בַפַּת שֹחַד] bribery;				
We have erred against You by [לְשׁוֹן הָרָע] slander.				
We have erred against You in [מֵאֶכָל וּבְמִשְׁהָה] eating and drinking;				
We have erred against You by [בְּשִיֵח גָּרוֹן] false pride.				
We have erred against You by [עָשׁקּוֹר עָיִוּ] wanton glances;  We have erred against You by [עַדּוּת מֵצַח] effrontery.				
We have erred against You by [פְּלִילוּת] perverting justice;				
We have erred against You by [צַרוּת עָיִן] envy.				
We have erred against You by [קשׁיוּת עֹרֶף] being stubborn;				
We have erred against You by [רְכִילוּת] talebearing.				
We have erred against You by [שָׂנְאֵת חָנָם] causeless hatred;				
We have erred against You by [תְּמְהוֹן לֵבָב] confusion of values.				
Totals:				