

Nurturing a Healthy Relationship

I have found the one my soul loves.

מָצָאתִי אֶת שְׁאֵהְבָה נַפְשִׁי

Song of Songs 3:4

Rabbi Elai said:

In three matters a person's true character is ascertained:

*With their **cup**; and with their **pocket**; and with their **anger**.*

*And some say, also with their **laughter**.*

אָמַר רַבִּי אֵילְעָאִי בְּשִׁלְשָׁה דְּבָרִים אָדָם נִיכָר
בְּכֹסוֹ וּבְכִיסוֹ וּבְכַעְסוֹ וְאָמְרֵי לִיה אַף בְּשִׂחְקוֹ

Talmud Bavli, Masechet Eruvin 65b

Rabbi Elai helps establish the cornerstones of a healthy marriage: Mutual respect, financial transparency, managing conflict, and joy.

Clergy Task Force

TO END DOMESTIC ABUSE
IN THE JEWISH COMMUNITY

jwi

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CUP • כוסו

Respectful Partnership

- What are the values of our relationship?
- Do we know couples who exemplify trusting, loving, and respectful relationships? How can we emulate those qualities?
- Which aspects of our relationship are fulfilling, and which are challenging?
- How do we envision the tone and spirit of our home in one, five, or ten years?

POCKET • כיסו

Fiscal Responsibility

- Growing up, what did our families teach us about finances?
- How have those experiences influenced the way each of us think about and handle money?
- What are our concerns about our financial future?
- How do we each feel about shared vs. separate finances?

ANGER • כעסו

Conflict Resolution

- What triggers anger for each of us, and how do we communicate those feelings?
- How do we typically resolve conflict or manage stress?
- How can we communicate more clearly and effectively?

LAUGHTER • שחקו

Joy

- What brings each of us joy, individually and together?
- How do we nurture each other's interests?
- How do we share laughter and intimacy in our relationship?