

אֲשָׁמוּנוּ¹

For we are not so brazen-faced and stiff-necked to say to you, Adonai, our God, and God of our fathers, “We are righteous and have not sinned.” But, indeed, we and our fathers have sinned.

- We have trespassed [against God and man, and we are devastated by our guilt];
- We have betrayed [God and man, we have been ungrateful for the good done to us];
- We have stolen;
- We have slandered.
- We have caused others to sin;
- We have caused others to commit sins for which they are called רָשָׁעִים, wicked;
- We have sinned with malicious intent;
- We have forcibly taken others' possessions even though we paid for them;
- We have added falsehood upon falsehood;
- We have joined with evil individuals or groups;
- We have given harmful advice;
- We have deceived;
- We have mocked;
- We have rebelled against God and God's Torah;
- We have caused God to be angry with us;
- We have turned away from God's Torah;
- We have sinned deliberately;
- We have been negligent in our performance of the commandments;
- We have caused our friends grief;
- We have been stiff-necked, refusing to admit that our suffering is caused by our own sins.
- We have committed sins for which we are called אָרָם, [raising a hand to hit someone].
- We have committed sins which are the result of moral corruption;
- We have committed sins which the Torah refers to as abominations;
- We have gone astray;
- We have led others astray.

¹ https://www.sefaria.org/Machzor_Yom_Kippur_Ashkenaz_Linear%2C_The_Morning_Prayers%2C_Amidah.451

עַל הַטָּא

And so may it be Your will Adonai our God and God of our fathers, that You pardon us for all our careless sins, and that You forgive us for all our deliberate sins, and that You grant us atonement for all our rebellious sins:

- For the sin we committed before You under compulsion
- And for the sin we committed before You by callously hardening the heart.
- For the sin we committed before You inadvertently
- And for the sin we committed before You with an utterance of the lips
- For the sin we committed before You openly and secretly
- And for the sin we committed before You in sexual immorality.
- For the sin we committed before You through [misuse of our power of] speech
- And for the sin we committed before You with knowledge and with deceit.
- For the sin we committed before You by improper thoughts
- And for the sin we committed before You by cheating a fellow-man.
- For the sin we committed before You with [mere] verbal confession.
- And for the sin we committed before You by joining in a lewd gathering.
- For the sin we committed before You intentionally and unintentionally.
- And for the sin we committed before You by insufficient respect for parents and teachers.
- For the sin we committed before You by using coercion [to harm others]
- And for the sin we committed before You by desecrating the Divine Name.
- For the sin we committed before You with foolish talk
- And for the sin we committed before You with impurity of the lips.
- For the sin we committed before You with the Evil Inclination
- And for the sin we committed before You knowingly and unknowingly.
- For the sin we committed before You by forcing someone to give or take bribes
- And for the sin we committed before You by false denial and false promise.
- For the sin we committed before You by evil talk [slander]
- And for the sin we committed before You by scoffing.
- For the sin we committed before You in business dealings
- And for the sin we committed before You in eating and drinking.
- For the sin we committed before You by [taking or giving] interest and by usury.
- And for the sin we committed before You by haughtily stretching forth the neck.
- For the sin we committed before You with gazing of our eyes.
- And for the sin we committed before You by the prattle of our lips.
- For the sin we committed before You with haughty eyes.
- And for the sin we committed before You with impudence.
- For the sin we committed before You by throwing off the yoke [of heaven]

- And for the sin we committed before You in passing judgment.
- For the sin we committed before You by entrapping a fellowman
- And for the sin we committed before You by a begrudging eye.
- For the sin we committed before You by lightmindedness
- And for the sin we committed before You by being stiff-necked [stubborn].
- For the sin we committed before You by running to do evil.
- And for the sin we committed before You by talebearing.
- For the sin we committed before You by swearing in vain
- And for the sin we committed before You by unwarranted hatred.
- For the sin we committed before You by breach of trust
- And for the sin we committed before You by a confused heart.
- And for all of these, God of pardon, pardon us, forgive us, grant us atonement.

סְלַח לָנוּ. מְחַל לָנוּ: וְעַל חַטָּאִים כַּפֵּר לָנוּ