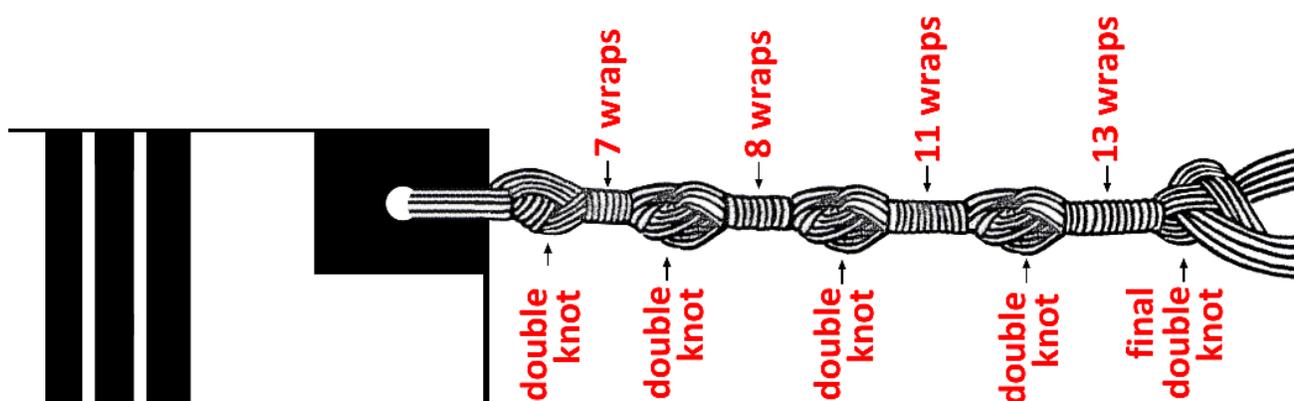


Once you've determined the color string you wish to use, gather supplies and find a spot to sit, chat, and knot together.

Be sure to listen closely to hear all that your partner is communicating. At the end, you'll be asked to respond to the person with a blessing for them – based on things you heard them communicate.

To start your bracelet, gather your string together and align the lengths. Turn the page and discuss one prompt at each knot.



KNOT #1

Think about someone who was your best friend from childhood (growing up/ pre-school, elementary school) and share their name. What were some of your favorite traits about them, and what made your friendship special to you as you remember it?

KNOT #2

Transactional relationships focus on a specific give-and-take that revolves only around that one exchange. Do you have an example of a transactional relationship in your life that has become more significant than just that transaction? What was the catalyst for the change?

(Possible examples: doctors, baristas, librarian, mail carrier, camp maintenance, restaurant server, etc.)

KNOT #3

Think about a situation in which you terminated a relationship. Share the aspects of the relationship that led you to make the decision. Use 1-2 words to describe the straw that broke the camel's back.

(Possible examples: cutting out a friend, dropping a teacher's class, quitting a job or letting someone go, etc.)

KNOT #4

What is a relationship in your life you would like to improve or deepen? Share a specific action step you could take to work on it. You may choose to commit to following through or discuss obstacles that may be holding you back, if you wish.

FINAL PROMPT & ACTION

Consider what your chavruta partner just shared with you. After learning all you just did about your partner, bestow a brief blessing upon them.

Once you have blessed them, tie their bracelet on to their wrist.