

Bein Hazmanim

Posted by Shimk - 12 Sep 2012 10:19

I'm off home for sukkos iy'h...can anyone offer advice/eitzos for a successful and clean bein hazmanim? The hardest times of the year, away from the koslei beis medrash...

Thanks!

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Re: Bein Hazmanim

Posted by nederman - 12 Sep 2012 10:27

Buy Feeling Good by David Burns.

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Re: Bein Hazmanim

Posted by E-Tek - 12 Sep 2012 12:14

No helpful advice. Been there, done that, unfortunately.

One thing, though- I heard from one of my Rebbeim that what one accomplishes during a period of aliyah is not a proof to what one will do during a period of bein hazmanim. But when one sees the differences between THIS bein hazmanim and LAST bein hazmanim, that is proof of real growth. So don't sweat the bein hazmanim too much, and remember another zman is coming after.

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Re: Bein Hazmanim

Posted by the.guard - 12 Sep 2012 13:51

[shtickelherring wrote on 12 Sep 2012 10:19:](#)

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Thanks!

www.guardyoureyes.com/the-gye-program/20-tools/item/tool-7?start=1

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Re: Bein Hazmanim

Posted by strugglingandstrivngBT - 12 Sep 2012 19:56

kavias itim. Stay regular, and stay busy. the above list is helpful too, but make sure you dont have long periods of time with nothing planed that you are committed to do (good things obviously). also make sure gedarim at home are stronger than yeshiva. for example, I am relatively lenient with where I use my computer (which still has filters) at yeshiva, but at home where I know I am at risk I will only use internet if my family is home and my door is wide open. halachos Yichud essentially.
the main thing though is having a steady stream of kedusha in your life. even if you stumble, do not let there be no regularity in tov.
bhatzlacha!

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