

Bein hazmanim

Posted by ainshumyeiush - 13 Sep 2023 22:35

Im a 22 year old bocher in yeshiva and Ive been struggling for years. I got involved with gye a while ago but wasn't so involved until this zman. Im going to be home for bein Hazmanin soon, and i need some advice.

the past 7 to 8 years i spent my time home just wasting time with YouTube, movies etc, beside for all the porn. I spoke to my father and he changed all the passwords for the computer and got rid of the tablet i usually used.

but now i need suggestions for what to do so i dont stay bored or else... We all know how that ends.

also im out of town so there's not many guys my age to go out and do stuff with. Any suggestions welcome.

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Re: Bein hazmanim

Posted by ainshumyeiush - 13 Sep 2023 22:40

And i saw that someone else had posted something similar but it seems like that thread got off topic...

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Re: Bein hazmanim

Posted by true_self - 14 Sep 2023 12:39

Try to get a friend to visit or to go out with. Maybe some family time. Chavrusas, even on the phone. Today there's also many kosher inspirational things to watch Shiurim, podcasts etc.

?Good luck and Ksiva v'chasima tova!

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Re: Bein hazmanim

Posted by EccentricComposer - 14 Sep 2023 13:49

If you want someone to keep on top of you, feel free to send me an email, I'd love to help!

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Re: Bein hazmanim

Posted by Hashem Help Me - 14 Sep 2023 19:50

An accountability partner would probably be beneficial.

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Re: Bein hazmanim

Posted by eerie - 14 Sep 2023 23:15

I'd suggest you get in touch with Eccentriccomposer, as he planned out his last bein hazmanim, so he should have some good tips. And he can be your accountability partner'

Hatzlacha! And keep us informed

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Re: Bein hazmanim

Posted by bright - 15 Sep 2023 13:12

[ainshumyeiush wrote on 13 Sep 2023 22:35:](#)

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Try making a schedule. Also sports can be a great outlet, maybe you can arrange a small basketball game. Out of town scheduling is tough but IYH you can and will do it!

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Re: Bein hazmanim

Posted by BHYY - 18 Sep 2023 14:23

So, so, super common,. Ashrecha for reaching out and planning ahead. *Mi shetarach b'Erev Shabbos yochal b'Shabbos.*

As HHM mentioned, an accountability partner is very helpful, I did it myself many bein hazmanims. Knowing throughout the day that you need to check in with someone is a good deterrent. As for keeping busy, here are some ideas I have come up with over the years:

- ?Volunteer (or even get hired) with a deled minim mocher
- Call your local bikkur cholim/Chessed 24/7 and offer help stocking hospital bikkur cholim rooms or making deliveries.
- Reach out to your local Tomchei Shabbos and ask if they need help, Yom Tov season is very busy for them.
- Visit shut-ins at frum nursing homes
- Start a chessed sukkah-building business for the older population in your neighborhood
- Make a learning project i.e. finish a certain masechta or seder mishnayos and write up a learning plan with a grand siyum at the end of bein hazmanim
- Join a kosher gym or frum fitness program (since Covid many switched to zoom and decided to stay that way)
- Always keep a selection of interesting shiurim and/or kosher podcasts on your phone to listen to so your mind doesn't begin to wander
- Start a new hobby - photography is pretty easy because most of us have either a camera or a smartphone. Here in the northeast the trees are going to start changing colors soon. Get snapping!

Keep us updated! Let us know what works and what doesn't. Many of us have been there and want to help.

I can only imagine how proud Hashem is during these yimei din and aseres yimei teshuva looking down and seeing you planning for bein hazmanim.

Hatzlocha!

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