

Bein Hazmanim start

Posted by hishtadlus123 - 24 Mar 2025 17:26

Hey guys,

I am just starting out and I'm gonna try the 90 day program. But Bein hazmanim is just around the corner and that's always a rough time. My main problem is with masturbation and I think its quite serious. Really considering SA for help. But bein hazmanim is gonna make it really rough. I am the type of guy that needs structure every day so I need to make sure I will have fixed sedarim etc but I have had a really long and difficult zman so not sure how motivated I will be to keep to a seder hayom. What do the oilam advise?

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Re: Bein Hazmanim start

Posted by lamaazavtuni - 24 Mar 2025 18:07

Welcome ! Ashrecha that your taking this step!! How about reaching out to one of the greats here and make a plan with them it's helped hundreds and there's no reason y it shouldn't help you . Hatzlacha rabah. Let us know how it's going

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