

If Doubt Whether You Said a Blessing (except for Birkat HaMazon)

If you are not sure if you said ANY blessing in ANY category, don't repeat it.

EXCEPTIONS

- Birkat ha'mazon.
- You may also include the first blessing over reading the Torah (Asher bachar banu mi'kol ha'amim.)

Even the blessing for mezonot is not an exception.

REASON

The only blessing commanded in the Torah is birkat ha'mazon (some say also the blessings on the Torah); all others are from Chazal.