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*.

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