

# 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.