# Nullifying Vows (Hatarat Nedarim)

*Hatarat nedarim* (nullification of vows) should be done before *Rosh Hashana* (but it may be done any time of the year) in front of three adult male *shomer-Shabbat* Jews. You may make a condition that you never want to make a vow of any type, but this might not be effective or valid. The formula may be said in English or any other spoken language.

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