

BAIN HAZMANIM

Posted by elaalavinu - 13 Apr 2016 19:14

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Hi everyone

I wanna start by saying that i have not watched real porn in quite a few months until .....yesterday the 1st day of bain hazmanim.....i went into boost mobile store plugged in my headphones to one of the iphones and....i feel like ....obviously although it was only 5 minutes but ...i feel like a its now a ticking time bomb

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Re: BAIN HAZMANIM

Posted by markz - 19 Apr 2016 04:25

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**Why?????**

why would you not continue a bein hazmanim program after bein hazmanim

Yeah it would have a different structure, but "just think about it"

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Re: BAIN HAZMANIM

Posted by inastruggle - 19 Apr 2016 06:31

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Mostly because if we continue the group after b"h then you other people won't have an excuse for not joining. Right now they can still say that it's not bein hazmanim for them etc.

I do think it would be nice to continue the group (assuming it works out) after bein hazmanim as well.

Back to business, I think 45 minutes or a half hour is a better time for learning.

Also exercise might be better if we say a half hour of moderate exercise such as a brisk walk or 20 minutes of more intense exercise where your heart rate goes up a decent amount.

I'm already up after a semi-normal time so good night all.

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Re: BAIN HAZMANIM

Posted by thanks613 - 19 Apr 2016 17:44

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I can commit for that - I could push for as much as 1 hour of learning. And 30 minutes exercise works. And I think a night time internet shut-off could be good, though it would cramp my style a bit.

Aryeh? ela? What do you think?

I'm gonna plan to start as of today. B"N

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Re: BAIN HAZMANIM

Posted by inastruggle - 19 Apr 2016 17:53

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It would cramp my style a lot. But definitely a good idea.

I'm ok with an hour too.

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Re: BAIN HAZMANIM

Posted by Aryeh821 - 19 Apr 2016 17:55

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fine here's the rough draft

all member of the Bain ha'azmanim program must commit to 1 hour of learning per day (not necessarily at one time) and 30 minutes of exercise per day as well if anyone wishes to use any device for any kind of entertainment (movies tv shows, games ETC)after 10:45 it must be cleared with the chevra first anyone who transgresses any of the conditions must give 5\$ to tzedakah/ GYE

Thoughts?

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Re: BAIN HAZMANIM

Posted by inastruggle - 19 Apr 2016 18:01

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I was thinking more of a time when we can't use the internet for entertainment anymore.

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Re: BAIN HAZMANIM

Posted by Aryeh821 - 19 Apr 2016 18:08

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[inastruggle wrote:](#)

I was thinking more of a time when we can't use the internet for entertainment anymore.

I edited it

better?

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Re: BAIN HAZMANIM

Posted by inastruggle - 19 Apr 2016 18:21

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Can we make the time 12:00 am? I don't plan on going to sleep before then anyway.

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Re: BAIN HAZMANIM

Posted by Aryeh821 - 19 Apr 2016 18:25

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[inastruggle wrote:](#)

Can we make the time 12:00 am? I don't plan on going to sleep before then anyway.

You don't think that that's a little late?

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Re: BAIN HAZMANIM

Posted by markz - 19 Apr 2016 18:32

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Why can't each choose their own time that the group will hold them responsible for

Someone that wants to shutdown unfiltered devices after 2am, it's their call.

Your invited to read more about the calendar in my signature

KOT

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Re: BAIN HAZMANIM

Posted by inastruggle - 19 Apr 2016 18:43

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I'm kind of a night owl. Going to sleep from 12 to 8 is my ideal situation, It's not easy for me to go to bed at 12.

I think we should all commit to our own time. Something that's reasonable for us. We each have our own ideal schedule.

Also my entertainment isn't usually movies and games. It's gye and another forum I'm active on.

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Re: BAIN HAZMANIM

Posted by inastruggle - 19 Apr 2016 18:44

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Mark blew it up before I finished posting

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Re: BAIN HAZMANIM

Posted by Aryeh821 - 19 Apr 2016 18:52

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[inastruggle wrote:](#)

I'm kind of a night owl. Going to sleep from 12 to 8 is my ideal situation, It's not easy for me to go to bed at 12.

I think we should all commit to our own time. Something that's reasonable for us. We each have our own ideal schedule.

Also my entertainment isn't usually movies and games. It's gye and another forum I'm active on.

I know I'm hilarious but still you consider GYE entertainment

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Re: BAIN HAZMANIM

Posted by thanks613 - 19 Apr 2016 18:55

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### **(Good night Device Calendar) Summary**

- Choose 10, 10:30 or 11pm.
- If you decide to login or continue after your 'goodnight time' you must first write a valid reason / excuse on the [Discussion Blog](#) why you feel exception should be granted to logon.
- If the reason is rejected by the forum group or administrator, we commit to pay \$5 knas to GYE.
- If we logon and didn't 'Write a reason', there's a \$15 knas to GYE the following day, regardless of whether we slipped to sin in the clutches of the web or not.

Thanks for the input Aryeh. 12:00 is better for me too. Sometimes I get home close to 10-11. But if you are on the computer for some time already by 11ish, then 10:45 makes sense. Are you OK with everyone choosing their own times Aryeh (within reason)?

The rules also don't require the other group members to "OK" your reason for using after your shut off time, as it's not always possible for us to respond in real-time. Just keep it sensible, **or we'll finde you!!**

Also, I was thinking the shutdown time is for ANY internet use. That way, there is less chance that an innocent.... "Maybe Moish sent me a response to my e-mail in the past 30 seconds...." turns into something worse. What do all think? And is everyone really up for the fine thing?

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