

Should I put a filter on my personal devices?

Posted by BenTorah.BaalHabayis - 17 Jan 2016 06:02

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B"H I'm already half way to the 90 day goal. (Yes, I know it doesn't end there, it only really begins...) I still haven't installed a filter on my computer. I think everyone is in agreement that a filter is only a fence to help a person not to fall and is not actually a solution. So far, since joining GYE and really working on myself I haven't really felt a very strong urge to look at porn which is why I haven't felt an urgency to install a filter. Now, I understand that at any time I may be confronted with a sudden strong temptation, and it's at that point where I filter can make a difference. However, I have this feeling that by installing a filter that will somehow create a psychological pull to davka want to look at porn. Putting up a fence officially makes it "forbidden fruit" and that makes it harder to resist. I feel like right now my not looking at porn is coming from me, since I don't want to do it and I'm content with that. Perhaps the "Pas b'salo" metaphor would be appropriate here.

Is this a ridiculous rationalization or do others feel this way too? I'd love to hear your thoughts.

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Re: To filter or not to filter - that is the question

Posted by BenTorah.BaalHabayis - 19 Jan 2016 22:03

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I hear you. Title changed!

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Re: To filter or not to filter - that is the question

Posted by stillgoing - 20 Jan 2016 00:44

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[BenTorah.BaalHabayis wrote:](#)

... But I imagine that for "normal" people, they go online to do what they need to do and the thought to look at porn doesn't even occur to them. **And while I'm not "normal"**, [sounds like you just undid your previous point, even though you the write that..] I generally am using the web for business and real necessities. ...I still do think it's a good idea just for good measure [or, because we are not "normal"] to have a filter on my primary work computer and personal phone.

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Re: To filter or not to filter - that is the question  
Posted by stillgoing - 20 Jan 2016 00:55

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Monitoring is even more of a mystery to me. Who exactly do you get to monitor your activity?  
....I don't have any "offline friends" who I'm open about my struggles with, so I don't think I'd feel comfortable to ask them to monitor. So who exactly should I be asking to monitor?

My own understanding of monitoring (and it could be that I'm misunderstanding your question) is that the person who is doing the monitoring does not need to have any knowledge of our struggle, and in fact it may make it better if they don't, because then we would hesitate much more if we think that our cover might get blown. They don't necessarily need to hook up to your computer to see what's going on, a site like web-chaver can send them an email if certain questionable (or worse) sites are visited. I may be wrong about what I just wrote, being that I don't have any monitoring software.

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Re: To filter or not to filter - that is the question  
Posted by stillgoing - 20 Jan 2016 00:59

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This is gold! What you're saying essentially is that just because I have a filter that doesn't have to become my reason for not watching porn. The main focus will remain on internal change, and the filter is just for good measure. I'm simply used to thinking of filters as these annoying things standing between me and my fantasies. The filter then becomes the nemesis to get around. (I don't know that I added anything in this last paragraph, but I sometimes like to rephrase things for myself in a way that speaks to me.)

After all is said and done, you are right. Filters etc. are only some of the many tools that we need to make ourselves cleaner people. Like you wrote, the real change needs to come from within, but it's very hard to start to change inside while we are still sunk into this repetitive behavior. Filters etc. help us tread a little, so we can raise our heads above the water and look around to see where the boats of internal change are and how we can climb on one.

Hatzlacha

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Re: To filter or not to filter - that is the question  
Posted by Workingguy - 20 Jan 2016 02:36

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[stillgoing wrote:](#)

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That's exactly right. I have my old friend and my wife as Chaverim. My friend has no idea that anything is going on and has called once or twice to question things. My wife is also one, and some would say that it's a mistake. I'm not sure either way, but it is a decent deterrent. Of course, you can play the same game (as I have) and figure out what shows up as questionable and what doesn't. Anything outright pornographic will show up, but the standard pritzus of the Internet may not.

Definitely worth at least checking out.

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Re: To filter or not to filter - that is the question  
Posted by markz - 20 Jan 2016 04:05

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[my story wrote:](#)

## 2) Restrictions

a- Time: Good nite device calendar

b- YouTube: Only access for work purposes

c- Devices

PC: Web Monitoring program or whitelist, (filtering is irrelevant, as I have overridden every regular filter and perhaps you too).

Mobile Devices: Mobile phone Locked AppStore, and active legitimate apps only (eg no skype and watsapp).

I will say however, that in recent history before gye, I managed to access sufficient Internet porn which almost no reporting or filtering can monitor, but after succeeding on gye I feel safe even without any filters and monitoring. Why do I have them?

In case of emergency, I know I have some (very small) layer of protection

As they say in gye - "filter your head". BBBH is correct to a certain extent that that can work, but it's not fool proof for most of us fools - hey I didn't say you

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Re: To filter or not to filter - that is the question

Posted by markz - 07 Feb 2016 14:13

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[quote="the.guard" post=20663 date=""]My K9 keeps getting uninstalled somehow. Bye bye internet. Bye bye GYE :'( :'( :'( [/quote]take it easy. There are other filters out there. Check out our [url=http://www.guardureyes.com/GUE/Filters/filters.asp][u][b]filter section[/b][u][u][u] [/url].

And besides, you are already addicted to GYE, so you don't have to be afraid of going other places on the internet. Your addiction won't let you. So what do you need a filter for so badly? Remember, there is [i]nothing[/i] but GYE. Everything else is hot-air. You [i]know[/i] that.[/quote]

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Re: To filter or not to filter - that is the question  
Posted by markz - 07 Feb 2016 14:13

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Re: To filter or not to filter - that is the question  
Posted by markz - 07 Feb 2016 14:16

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[the.guard wrote:](#)

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places on the internet. Your addiction won't let you. So what do you need a filter for so badly?  
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If I was given a choice now

No devices and no GYE :-),

or

unfiltered unmonitored devices and GYE ;-),

I'd go with the smiley option - because that's what truly works for me

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