

Filter help

Posted by striving2bclean - 10 Nov 2020 17:00

I have a small medical office with several computers and I need a way to better filter them without interfering with business and that is not a HIPAA violation. Any ideas out there?

=====
=====

Re: Filter help

Posted by Grant400 - 10 Nov 2020 17:50

[striving2bclean wrote on 10 Nov 2020 17:00:](#)

I have a small medical office with several computers and I need a way to better filter them without interfering with business and that is not a HIPAA violation. Any ideas out there?

Try calling TAG. I'm sure they have an answer.

=====
=====

Re: Filter help

Posted by striving2bclean - 22 Dec 2020 16:58

Thank you Grant400!

Good news and bad news...Good news is that they helped me install a great filter, Techloq. Bad news is that it not perfect. No filter is. I learned about myself that I succeed most with web monitoring software. I previously had Covenant Eyes (Web Chaver), but their new Screen accountability software is a no go for HIPAA reasons.

With this new filter, I have fallen into a bad pattern of finding what's not filtered...its been tough. I contacted TAG and they said the web monitoring filters are not compatible with Techloq.

Any advice???

As an aside (or maybe not an aside), I feel I am ready to move on from only filters. I want to feel that I am improving my shmiras eynayim without exclusively relying on filters.

=====
=====

====

Re: Filter help

Posted by Youngster - 22 Dec 2020 19:00

[gibbor120 wrote on 03 Nov 2016 20:30:](#)

Welcome! A filter is kind of like a heker. It won't stop you, it may make you think twice. You cannot rely on that as your main "recovery" method since it is not a method at all. Read the handbook. Keep posting. The main change must come from within. I still do think that filters are helpful, but perhaps in your case, not as much as for others, since you can get around them so easily. I wouldn't harp on that part so much. Figure out what you can do to change yourself.

On the other hand he writes:

[gibbor120" wrote on 12 Sep 2013 17:22:](#)

While a filter is obviously not foolproof, it is a wise idea even for techies who can get around it. It still makes it more difficult and puts at least a "heker" between us and porn.

I am considering removing the railing by my staircase. It should be my responsibility not to walk too close to the edge of the stairs, and I can always jump over the railing anyways if I really

my \$.02.

So now that you've got the railing, it's time to start recovery...

=====
=====

Re: Filter help

Posted by Captain - 22 Dec 2020 19:20

As an aside (or maybe not an aside), I feel I am ready to move on from only filters. I want to feel

that I am improving my shmiras eynayim without exclusively relying on filters.

Why don't you check out The Fight and The Battle of the Generation? See my signature for links to them.

=====

Re: Filter help

Posted by striving2bclean - 22 Dec 2020 19:29

I'm ready for recovery. I want it so badly. Looking for eitzahs. Just downloaded the book that Captain recommends.

=====

Re: Filter help

Posted by striving2bclean - 22 Dec 2020 19:30

[Captain wrote on 22 Dec 2020 19:20:](#)

As an aside (or maybe not an aside), I feel I am ready to move on from only filters. I want to feel that I am improving my shmiras eynayim without exclusively relying on filters.

Why don't you check out The Fight and The Battle of the Generation? See my signature for links to them.

Thanks!

=====

Re: Filter help

Posted by Youngster - 22 Dec 2020 20:13

You can also try the [GYE handbook](#) with many ideas.

maybe also start a thread about yourself and your struggles so the amazing chevra here can share some experiences and ideas.

wishing you much hatzlacha!

=====

=====

Re: Filter help

Posted by Lou - 22 Dec 2020 21:51

This is not in response to the idea of working on yourself as opposed to or in addition to a filter. I actually have been very impressed with Techloq. I have gotten around other filters. Just sayin

=====

=====

Re: Filter help

Posted by Grant400 - 22 Dec 2020 21:57

Like already mentioned, a filter is not the answer. Although it is extremely crucial, it just serves as an additional deterrent and is part of the tools necessary. Without an internal policy change, it's only a matter of time until we outsmart the obstacles in our way.

If you are serious about changing, you must start to learn and understand the truth about lusting. Here are just a few.

1) Lust isn't a need, although it feels like it is.

2) Urges CAN be ignored, and paid no heed.

3) Pros of being clean far outweigh the cons. Even in the materialistic aspects, (putting spirituality aside) for many reasons.

4) Lusting effects many other areas of life.

5) Females do not emit rays of lusting particles, it's our own warped view, and the corrosive effects of years of objectifying women.

6) The desire for the pleasure is far greater and more intense than the reality of the pleasure.

7) Etc....

Grant

=====

Re: Filter help

Posted by Shmuel - 23 Dec 2020 01:20

[Grant400 wrote on 22 Dec 2020 21:57:](#)

Like already mentioned, a filter is not the answer. Although it is extremely crucial, it just serves as an additional deterrent and is part of the tools necessary. Without an internal policy change, it's only a matter of time until we outsmart the obstacles in our way.

If you are serious about changing, you must start to learn and understand the truth about lusting. Here are just a few.

1) Lust isn't a need, although it feels like it is.

2) Urges CAN be ignored, and paid no heed.

3) Pros of being clean far outweigh the cons. Even in the materialistic aspects, (putting spirituality aside) for many reasons.

4) Lusting effects many other areas of life.

5) Females do not emit rays of lusting particles, it's our own warped view, and the corrosive effects of years of objectifying women.

6) The desire for the pleasure is far greater and more intense than the reality of the pleasure.

7) Etc....

Grant

This is GREAT!!!

Well said!!!

=====

Re: Filter help

Posted by striving2bclean - 23 Dec 2020 21:48

[Lou wrote on 22 Dec 2020 21:51:](#)

This is not in response to the idea of working on yourself as opposed to or in addition to a filter. I actually have been very impressed with Techloq. I have gotten around other filters. Just sayin

I agree its a good filter. Its not that I am getting around it, its that I am finding things that are not filtered.

But I am in total agreement that the most important thing is that I work on myself

=====

====