

A Non-Frum view

Posted by Hopeful2022 - 23 Aug 2022 11:12

I know that most people on GYE are Frum. I must say that I am not. I hate labels, but if I had to label myself, it would be Modern Orthodox. I live in the real world and see things daily that many of you do not. I am around women all day, and while I may notice their dress, I do not pay much attention to them. They are not a "trigger" for me.

I am quite familiar with the religious neighborhoods in Brooklyn, some of my best friends live there, and I am there a few times a month at least. My question to all of you is. Do you think that your surroundings hurt your chances of being "clean and free from P and M ?". I am reading stories about some of you mistakenly bumping into a woman in a grocery store as something that can send you off the deep end or a woman crossing the road as the reason that you fall.

I know that we all have triggers, but it seems that many of you are in almost impossible situations. Condemnations from your community and families can lead you to dark places and to the point of almost living two different lives. So my question as a non-frum is, "Do you think that your lifestyle is making this harder on you?"

On a personal level, If I got rid of my smartphone and computer, I could beat this. All my triggers live on this small screen, not in the real world.

I hope this question is taken in the manner it is intended. I have nothing but love and respect for your communities.

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Re: A Non-Frum view

Posted by Kavey - 31 Aug 2022 18:45

Just to add to that. Hopeful, you mention that an unfiltered smartphone is a challenge for you. It's a challenge for me too.

However, even on a work phone it's possible to filter and without even installing any apps. I

think the simplest is through the organization TAG (tag.org). I have an iphone and using the iphone screentime capabilities they could calibrate my internet access using the iphone built-in features and saving the screentime password on their machines. It's completely free.

I've tried different approaches but ultimately just cut out any internet access from the phone and blocked the app store (I keep work apps like Outlook and Teams). Not sure if that would work for you but definitely limiting the access to porn should be within their reach.

Hatzlacha!

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Re: A Non-Frum view

Posted by Hopeful2022 - 01 Sep 2022 08:45

As someone who is very well versed in technology, I have never found a filter that was not easily worked around; even if I found a filter that worked, I work in IT for my company and have multiple smartphones on my desk every day for other employees and could (and have) grabbed one for the wrong reasons. I have not tried TAG, but I will look into it.

Thank you for the reply

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Re: A Non-Frum view

Posted by Hopeful2022 - 01 Sep 2022 08:49

I am sorry, I didn't mean that Porn is the ONLY problem; sex addiction is real and a huge problem for many people. I just feel that the accessibility of Porn is one of the major reasons for the problems we have today. For me, if I didn't have porn available to me whenever I had an impure thought. I would be much better off.

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Re: A Non-Frum view

Posted by chancy - 02 Sep 2022 00:01

I hear you.

this is the reason why I never wanted to go into IT, even though I have a feel for it, I know that filtering would be very hard for me, and I'm not willing to give that up.

good luck

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