

Tech Savvy

Posted by dave955 - 02 Jan 2025 16:21

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Like most here, I've had lots of ups and downs on this journey. I've been on it for about 11 years now. About 2 years ago, I reached out to an accountability partner that many people on this website work with and he has been helping me ever since. One issue however has been pulling me down much as of late. I am a very tech savvy person and can find my way around almost any filter. In very difficult moments, it becomes very hard to reach out to my accountability partner or do any of the urge management strategies I learned in the FTF program, and for all intents and purposes, I am almost guaranteed to have an unfiltered device nearby, regardless of where I am, since I know how to get around even the toughest of filters. I've tried many different methods including working on my internal motivation to stay clean and an accountability system with my partner, to no avail. It has become harder as of late to stay clean for long periods of time and hurts me so deeply to realize that regardless of where I will ever be in my life, this problem will be there. Is there any hope for long lasting sobriety? After 11 years the most I've every managed is 2 months, and as of late staying clean for 2 weeks is a miracle. Any practical advice?

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Re: Tech Savvy

Posted by iwantlife - 02 Jan 2025 16:44

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Hey there! I feel your pain. I too am tech savvy, and can get around my filter setup in less time than it takes to reach out any of my friends. That said, I've found my filter + Webchaver to be a big help. Have you looked into that at all?

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Re: Tech Savvy

Posted by dave955 - 02 Jan 2025 16:50

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Yes and unfortunately that doesn't work for me.

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Re: Tech Savvy

Posted by iwantlife - 02 Jan 2025 16:52

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When you say it doesn't work, is that because it doesn't stop you from falling? Or you can get around it?

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Re: Tech Savvy

Posted by dave955 - 02 Jan 2025 18:33

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I know how to get around it

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Re: Tech Savvy

Posted by trying1989 - 02 Jan 2025 18:42

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Can I ask what operating system are you using?

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Re: Tech Savvy

Posted by iwantlife - 02 Jan 2025 18:57

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[dave955 wrote on 02 Jan 2025 18:33:](#)

I know how to get around it

Same. That said, it's been a useful speed bump in addition to a filter. I've made up with a friend to be accountable specifically with regard to using my computer in a way that bypasses webchaver. Do you think that could help?

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Re: Tech Savvy

Posted by iwantlife - 02 Jan 2025 19:08

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[trying1989 wrote on 02 Jan 2025 18:42:](#)

Can I ask what operating system are you using?

I'm on MacOS.

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Re: Tech Savvy

Posted by dave955 - 03 Jan 2025 16:23

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I've tried this with my accountability partner before and it didn't help in the long run.

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