

The cell phone is what is getting me

Posted by Tilly and Teddy - 30 Jun 2011 16:27

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Ok guys so I just signed up, I want to break free. I hate doing it, I normally end up sleeping in the next morning and don't daven properly, i.e after the zman and without a minyan or some crazy late minyan, 11 am onwards. Not what I want to do.

The first thing I want help with is has follows.

Just after last Succos I admitted my problems to one of my rebbe's in yeshiva and he helped a bit, and thanks to a couple of them I have installed K9 and webchaver on my laptop, so when in my bedroom I don't have such easy access. However I have a symbian operated Nokia cellphone and just use this instead, and as you know it provides access to enough material of good enough quality to allow me to access what I want to.

Does anyone know how I can block access to porn on this cellphone, because I can't get K9 or webchaver on it. I'm sure blocking my access would have a huge helping effect for me. I feel that I just need the cellphone and do use its features for work and generally so I can't get rid of it. Also getting rid of it would be embarrassing from a social perspective and I feel that haskafically it is not the phone in the wrong but me so I don't see why I should get rid of the phone.

Please someone help me block access from my Symbian operated Nokia cellphone.

Thanks

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Re: The cell phone is what is getting me

Posted by alexeliezer - 30 Jun 2011 18:47

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TNT:

The Geek Squad will be here shortly.

I myself have a dino-phone.

Blocking access is a mighty first step.

I hope you will go further, though, reading through the GYE handbook, work on shmiras eynayim in all settings, and overall come up with your own comprehensive game plan to beat this.

Hatzlacha :D

Alex

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Re: The cell phone is what is getting me  
Posted by ninetydays - 30 Jun 2011 20:18

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I too do not have a smart phone. I do know that many people on this site can help.

Congradulations on joining the site! It is an important first step is stopping your dependence on these materials

ninety

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Re: The cell phone is what is getting me  
Posted by Tilly and Teddy - 02 Nov 2011 15:36

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Please read my original post at the top of tis thread, I need help.

Since I last posted a few months ago I have been up and down, managing a couple of clean periods that lasted a few weeks or longer. However the last week has been terrible, and I want to break free. I dont use my computer to view these things becaue JAVE WEB CHAVER and

Please computer people HHHHHHHHHHEEEEEEEEEELLLLLLLLLLLLLPPPPPPPPPPPP

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Hi,

check out:

[www.phonesheriff.com/](http://www.phonesheriff.com/)

and

[www.mobile-spy.com/purchase.html](http://www.mobile-spy.com/purchase.html)

good luck

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Re: The cell phone is what is getting me  
Posted by ur-a-jew - 02 Nov 2011 16:36

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[Technical support wrote on 02 Nov 2011 16:20:](#)

Hi,

check out:

[www.phonesheriff.com/](http://www.phonesheriff.com/)

and

[www.mobile-spy.com/purchase.html](http://www.mobile-spy.com/purchase.html)

good luck

TS thanks for these links (although interestingly enough K-9 blocks acces to mobile-spy.com. Also, we should probably add these to the links on the main page under filters.

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Re: The cell phone is what is getting me  
Posted by alexeliezer - 02 Nov 2011 16:56

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Hi TNT and welcome back!

Glad you're getting the tech help you were looking for.

Let me ask you,

Are you addicted to the stuff?

Is the phone the only issue, or are taking hits of the stuff on the street, in mainstream newspapers and mags, TV, movies?

Do you think lustful thoughts frequently (fantasize). Do they invade your mind?

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Re: The cell phone is what is getting me  
Posted by Tilly and Teddy - 03 Nov 2011 12:26

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No it is just the cell phone. Am I the best at shemiras eniyam? absolutely not, sometimes I look at a girl when I am walking down the street, other times I stay strong and win against the yetzar hara, I know this area needs work, but the cell phone is the killer.

My laptop has k9 and webchaver so I don't use it any more for these things.

I normally daven mariv at 10pm then sometime after that whether I had a a good or bad day I start thinking lets just look tonight no more, and obviously it always goes one step further, sometimes I don't even think about it till bedtime about midnight but I seem to have no battle, I just loose to the yetzer hara. Other times I can have a few clean days or a whole week, and I feel great about it, but the longer such a run lasts I start to feel I am missing something even though I know I am not really and so I fall again.

what do you guys have to say to help me?

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Re: The cell phone is what is getting me  
Posted by gibbor120 - 03 Nov 2011 13:48

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If you haven't read this yet. Here is a great way to start. I would especially recommend reading the handbooks.

### **Welcome to our community, you have finally come home!**

GuardYourEyes (GYE) is a vibrant network and fellowship of Jews of all affiliations, struggling to purify themselves and break free of lust related behaviors. For the first time, there is somewhere to turn to for help in these areas. We're all in the same boat here. *Tzuras Rabim Chatzi*

. Once you've arrived, there's no turning back. Everyone here will just grab a hold of you and pull you up with them!

In the last couple of years, the GYE network has helped roughly 1,000 Jews get back on a path of sanity, self-control and healing and has touched the lives of thousands more. GYE has become known throughout the Jewish world as the number one address for dealing with these challenges which have reached epidemic proportions.

The tools of our recovery program were developed with guidance from the best experts in the field, such as Rabbi Dr. Avraham J. Twerski, and through the personal experience of hundreds of Jews who successfully broke free. We use a unique approach that recognizes that there are

many different levels in these struggles.

Our network is comprised of a website, a pulsating forum, phone conferences, daily Chizuk e-mails, support hotlines, therapists, live 12-Step groups and a program of recovery for all levels of this struggle/addiction.

All our work is free of charge and we zealously protect the complete anonymity of all our members.

**Here are some quick things you can do to help you jump straight into your journey:**

1) See the "[GYE Program in a Nutshell](#)" (*Right Click the link and press "Save Link/Target As" to save the PDF file to your computer*) that can help you quickly identify at what level of the struggle you are at, and which tools and features would help you most at your particular level.

2) Install a strong filter (see [this page](#) for more info). It is hard to break free of this while having all the garbage within a mouse click away. The filter gabai at [filter.gye@gmail.com](mailto:filter.gye@gmail.com) will hold the passwords for you. We also highly advise installing "Reporting Software" such as [webchaver.org](http://webchaver.org) to give you some accountability.

3) Join the daily [Chizuk e-mail lists](#) to get fresh chizuk every day.

4) Join the [90 Day Challenge](#). Scientific studies have shown that it takes 90 days to change the neuron pathways created by addictive behaviors in the brain.

5) Post away on this forum, where hundreds of yidden like you exchange chizuk and post logs of their journey to recovery. You will internalize that you are not alone, and you will learn the techniques and attitude that work for so many others.

6) Join our free anonymous [phone conferences](#), led by an experienced sponsor.

7) If you need more general guidance, write to GYE's helpline at [gye.help@gmail.com](mailto:gye.help@gmail.com) or call the hotline at 646-600-8100.

8.) Download and read the "[Guard Your Eyes Handbook](#)" (a hard copy can be purchased for cost price [over here](#)). This handbook outlines the GYE approach in detail, and makes our network much more effective and helpful for people. **The handbook has two parts:**

A) The first part, "The 20 Tools", detail suggested tools and techniques, in progressive order, beginning with the most basic and fundamental approaches to dealing with this addiction, and continuing down through increasingly earnest and powerful methods. No matter what level our addiction may have advanced to, we will be able to find the right tools to break free in this handbook!

The second part, "Attitude & Perspective", detail 30 basic principles to help us maintain the proper attitude and perspective on this struggle. Here are some examples: Understanding what we are up against, what it is that Hashem wants from us, how we can use this struggle for tremendous growth, how we can deal with bad thoughts, discovering how to redirect the power of our souls, understanding that every little bit counts, learning how to bounce back up after a fall, and so on and so forth...

Our souls cry inside of us, but we have accustomed ourselves to block out that cry. Today we can begin to be who we really want to be.

We are here for you.

[www.GuardYourEyes.org](http://www.GuardYourEyes.org)

GYE E-Mail Helpline: [gye.help@gmail.com](mailto:gye.help@gmail.com)

GYE Phone Hotline: 646-600-8100

Help us help others: [Donate Here](#)

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Re: The cell phone is what is getting me  
Posted by Gevura Shebyesod - 03 Nov 2011 14:22

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Hi, Tilly/Teddy (are you 1 person or 2? ;D )

I just wanted to comment on one thing you said in your first post.

... and I feel that haskficallly it is not the phone in the wrong but me so I dont see why I should get rid of the phone.

So if "guns don't kill people, people kill people", does that mean I should let my 3 year old play with a loaded weapon? After all it's not the gun's fault, so why should I get rid of it?

Aderaba, if I am the problem Kal Vachomer I should not let myself play with things that will hurt me.

I'm sorry if I sound harsh, but I really want to help you understand this. Please, please, consider switching to a phone that can be filtered. You are trying so hard with everything else, and this is the one thing that's holding you back.

From a fellow Yid who wants to help his brother,

Gevura!

P.S. In the interest of full disclosure. My phone is not filtered either. But since I have begun my journey back, I have never used it for anything inappropriate. And I was mekabel that if I ever do, I will immediately get rid of it and switch to a voice-only phone, even though it will cause me great inconvenience at work.

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Re: The cell phone is what is getting me  
Posted by alexeliezer - 03 Nov 2011 18:24

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While we're confessing....

First, I have a dino-phone and will keep it 'til I can't find replacement batteries for it.

But, I do sit at an unfiltered computer at work. There are corporate firewalls, but I've always been able to get enough shmutz with a few tricks. Even if I were to install a filter, there are computers everywhere, and in addition I would find an empty office and get stupid.

So, as we say, filters are important, but the filter on top of your shoulders is the most important one. I would recommend you at least take a look at the first few of the 12 steps. They're on the GYE homepage under "materials." You have nothing to lose but your lust. Even if you get a filter, you'll be fine (maybe) until a new opportunity comes up. Not having addressed the underlying lust addiction, you will be defenseless.

Something you can do right now is commit to turning off your phone before maariv (if practical). When you get home, put it in a kitchen drawer or something and commit to leaving it there until morning. And find good things to do until it's bedtime.

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Re: The cell phone is what is getting me  
Posted by gothika - 03 Nov 2011 23:31

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Welcome back!

As a veritable computer geek I can unfortunately say that there are very limited options in terms of filters for symbian os. It is a dying mobile OS and the only hope in having a decent filter system is to get an iOS or an Android device. You could try the link above about phonesheriff, but as a symbian cellphone owner I can say that the prospect of finding a working filter is very grim.

I think that failing that, you need to get rid of your internet package on your cellphone. I can help with that if you want...

You sound like you really want to change so just go for it! If you really need internet on you, you have a laptop, and if you need it need it on you at all times, for business or something then just spring for an iPhone or something. The iPhone 4S is here, shiny! ;D ;D ;D

We are all behind you.

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Re: The cell phone is what is getting me  
Posted by gibbor120 - 04 Nov 2011 13:58

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[NebulaMud wrote on 03 Nov 2011 23:31:](#)

We are all behind you.

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