

A tool I've found

Posted by yxorwa - 04 Jan 2019 16:27

Hey, guys.

You may want to check out a filter-type program I've found - Pluckeye - www.pluckeye.net.
(The author says it's pronounced pluck-ee.)

It's billed as "a filter to aid self-control on the Internet". The user has control of all settings-- what sites to block, what to allow, setting blackout times (when site X is blocked, or indeed the entire Internet) or "allow" times, etc. Two very important features to note: 1) any change is subject to a delay (the main kuntz) , and 2) by default, Pluckeye blocks ALL images.

An example: Suppose I have the delay set to 30 minutes and I open my browser to aish.com. I can see the text but all images are replaced with some little placeholder symbol. Fine, I tell Pluckeye to allow images on aish.com. That change will take place only AFTER 30 minutes have passed. Obviously, this will also work if I want to allow "www (dot) shmutzcity (dot) com". I won't be able to view any images until the delay time has passed.

As a therapist told me, you can do OK until you get yourself into "stupid mode". Once you're in stupid mode, then you've pretty much lost all control. You need to protect yourself BEFORE you get to stupid mode, and that's exactly what Pluckeye can help with.

There's a lot more I could say, but if you're interested, check out the website. I've been using it for a couple of months, and I definitely think it's worth looking into.

=====
=====

Re: A tool I've found

Posted by Ely - 13 Jan 2019 18:03

sounds like a very clever m'halech

good luck

ely

=====
=====

Re: A tool I've found
Posted by xyxorwa - 16 Jan 2019 13:10

I think it is clever. The documentation suggests you start with a small delay, something like 2 minutes. It takes a while to figure out that, oh, my bank's website is unusable, so let me allow it. After getting used to it, my delay is currently 80 minutes, and I may still increase that.

I have gone from a real problem with viewing improper sites and images to almost stopping the viewing of any improper images. I'll add also that it's not just obviously erotic images that could derail me. Regular, everyday face pictures, for example, can set me down a bad path. So I'm not seeing any of those, either, except on the few sites-- work-related or otherwise OK-- that I have allowed.

I still struggle-- v'hamevin yavin-- but the viewing of triggering images is b'li ayin hara, right now much, much improved.

=====
=====

Re: A tool I've found
Posted by Workingguy - 28 Jan 2019 06:06

Is it password protected?

=====
=====

Re: A tool I've found
Posted by xyxorwa - 08 Feb 2019 19:59

No, it is not password protected. I have complete ability to make changes to all settings. *But*, I have to wait the amount of time I've set for myself.

It really can work. As I mentioned, I'm at an 80 minute delay, and that seems OK. It's not really worth waiting an hour and a half to indulge my yetzer hara, and I guess that part of the beauty-- my yetzer hara knows this, and tends to back down.

It can make work-related things a bit more complicated. As an example, I registered for a webinar (this was about healthy eating, exercise, etc., so not urgent for work, although sponsored by my employer). When I tried to connect, I was blocked from the site. I set Pluckeye to allow that site, but obviously I had to wait. Sometimes, there's a multi-level waiting. One of our IT staff asked me to install TeamViewer so that he could install some software without coming in to our location. Right away, I was denied, so I asked Pluckeye to allow the TeamViewer site. After I waited and tried again, I connected with site 1, but the download tried to connect me to a slightly different URL, and I was blocked again. Pluckeye does have some human intervention setup for emergencies, but this is dependent upon chesed, basically. I'd say it provides great boundaries for me, and only very slight inconveniences.

=====
=====