

Did transitioning from Smartphone really help?  
Posted by clarity26 - 21 Oct 2024 18:06

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I'm curious to know people's thoughts.

Did transitioning from a smartphone to tablet or just dumb phone really "fix" the issue?

What was your experience and what lessons did you learn.

I find that the smartphone on the one hand keeps temptations closer but on the other hand being completely isolated from everything and only having a dumb phone makes the feeling of disconnectedness much stronger which leads to seeking much worse things.....

Anyone relate?

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Re: Did transitioning from Smartphone really help?  
Posted by balancedunicorn66 - 05 Nov 2024 16:19

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great question.

also curios

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Re: Did transitioning from Smartphone really help?  
Posted by dreamyunicorn28 - 05 Nov 2024 16:24

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I hear you- definitely something to it. I never gave up my smartphone for this reason. I feel that if this is the only thing done to stop going after dirt it greatly backfires. If that should be a reason to still hold on to the smartphone - I don't know.

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Re: Did transitioning from Smartphone really help?  
Posted by BenHashemBH - 05 Nov 2024 17:20

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Shalom brothers,

Have you considered a filter that allows you certain sites and blocks everything else?

What works depends on the person and situation.

To speak generally, many people need both the external work (filter) and inner work to make long term change.

Who/what do you feel connected / disconnected to?

@dreamyunicorn28 - Can you elaborate on what you wrote? Why does working on one thing backfire?

The filter is not a crutch, it's a tool.

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Re: Did transitioning from Smartphone really help?  
Posted by dreamyunicorn28 - 05 Nov 2024 17:31

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[BenHashemBH wrote on 05 Nov 2024 17:20:](#)

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@dreamyunicorn28 - Can you elaborate on what you wrote? Why does working on one thing backfire?

The filter is not a crutch, it's a tool.

If the ONLY thing you do to stop P&M is giving up your smart phone it could backfire because the problem hasn't disappeared and at your next opportunity you will go full force.

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Re: Did transitioning from Smartphone really help?  
Posted by BenHashemBH - 05 Nov 2024 18:01

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[dreamyunicorn28 wrote on 05 Nov 2024 17:31:](#)

[BenHashemBH wrote on 05 Nov 2024 17:20:](#)

@dreamyunicorn28 - Can you elaborate on what you wrote? Why does working on one thing backfire?

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If the ONLY thing you do to stop P&M is giving up your smart phone it could backfire because the problem hasn't disappeared and at your next opportunity you will go full force.

Thank you for clarifying.

I think you also have to want to stop. You aren't taking away an opportunity, you are removing a hazard.

As you asked: Is that a reason to keep the smartphone?

You have to know yourself really well.

If the smartphone is currently behind enemy lines, what is your battle plan for the struggles that are in front of you?

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