

IDEAS TO BREAK FREE

Posted by beh - 30 Nov 2012 04:46

I FOUND THIS ON A WEB SITE hope it helps
K9 web filter.

set this k9 up with a separate e-mail address that you will never remember. Mine was likenhrgiernertgh43@hotmail.com with a password in the same vain. In order for me to beat this filter, I would have to completely reinstall windows.3.

Block ip address.

Go to c:/windows/system32/drivers/etc and open the hosts file in notepad. To block a site find the end of the list and put in “

127.0.0.1 www.examplesite.com”. This [blocks the site from opening](#)

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[an extra method of stopping yourself.4.](#)

[Stickers.](#)

[On my calendar a 3 dot system. On a day where you have not acted out or watched porn, put a green sticker. On days when you have started to and then stopped, put a yellow sticker. On days that you fail, put a red sticker. This gives a visual representation of the problem and also pointed out days when you are most likely to fail](#)

[6.](#)

[Hobbies](#)

[Get out of the house!! Not easy for those with depression but a hobb ycan be anything. Read a book, go for a walk,](#)

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Re: IDEAS TO BREAK FREE

Posted by melost - 06 Dec 2012 18:28

12 steps

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Re: IDEAS TO BREAK FREE

Posted by tryingtobeme - 13 Dec 2012 08:31

so while real recovery is ideal, in the meantime I did a better middle. one, because I have no idea how to do some of those things and 2. because making it interpersonal makes it a bit more "real", a friend has my password. he has sat with me while I fine tune the settings to allow what I need but block everything I cant have. not perfect, but good.

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