

From Smartphone to Dumbphone

Posted by adam2014 - 16 Oct 2023 10:54

---

There is a lot of talk on here about the dangers of the Smartphone. That is obvious. For me personally, It is a major issue that I am trying to get a grasp on. The value of a smartphone is undeniable. It could be using Waze, banking, What's App, Camera and many others. It would be difficult to give up in this tech driven hyper- connected world.

Many of you talk about filters helping you. I also heard of many of you getting rid of your smartphone for a dumb phone. I would like to hear from some of you that have made the decision to give up the smartphone and get a dumb phone . How was the transition ?, did it help you in your recovery?, What phone did you get? Where did you buy it?.... Anything that you think might help me and hopefully other people thinking the same thing.

That is my goal. I want to rid myself of that device once in for all. I want to carry around a simple dumb phone as a reminder of my struggles and that you can live a productive life without having a smartphone.

I appreciate any advice you could give. I do understand that the problem is within me and not the phone, but not having a smartphone will help me a lot.

=====  
=====

Re: From Smartphone to Dumbphone

Posted by frank.lee - 16 Oct 2023 13:03

---

I am planning on getting rid of my (filtered) smartphone one of these days. I only have it for a certain reason and I can do without it, I think. Maybe I will keep it but not have it around...

=====  
=====

Re: From Smartphone to Dumbphone

Posted by davidt - 16 Oct 2023 14:20

---

Here is a quote from Rav Aharon Schechter Z"L

"Children are smarter than their parents and they can break through every filter. It's foolish to be blind to this problem. Great people have seen their children go off the derech. If you'll ask the Wallersteins, they'll tell you it's because of michsholim like this. You're not safe and I'm not safe—no one is sate."

Ray Wosner zt"l said "Internet and internet-devices are the final war which a merciful arrival of Mashiach depends on. Anyone who holds out through this final war will be zocheh to be saved from chevlei Mashiach and from the war of Gog-Magog and to greet Mashiach eye-to-eye. In reward for guarding his eyes from these devices, he will be able to see from one of the end to the other, and behold spiritual visions of upper worlds in the future. "

=====

Re: From Smartphone to Dumbphone  
Posted by ainshumyeiush - 18 Oct 2023 03:19

---

Full credit to you for trying to do this.

i cant speak from experience, but maybe try to take everything off your phone except for calling/texting and have everything else you need on a tablet so its not on you constantly

=====

Re: From Smartphone to Dumbphone  
Posted by redfaced - 18 Oct 2023 12:20

---

[frank.lee wrote on 16 Oct 2023 13:03:](#)

I am planning on getting rid of my (filtered) smartphone one of these days. I only have it for a certain reason and I can do without it, I think. Maybe I will keep it but not have it around...

Been there done that.

Absolute life changer

=====

Re: From Smartphone to Dumbphone  
Posted by chancy - 18 Oct 2023 15:05

---

There are a few forums on GYE where members discuss this at length.

Myself along with quite a few others on GYE has given up out smart (stupid) phones and went back to simple phone, Nobody likes us understands the challenge and dangers posed by these things and therefore some people dont understand the hysteria by the Rabanim regarding this issue.

I wish that i would be one of those people.

Unfortunately we are all too aware of the problems and therefore have an easier time getting rid of it, because that is a absolute life changer!

I know some people say they cant get rid of it.

If you are here on GYE and you know that this struggle is killing you and ruining everything, than nothing is as important as winning this fight! I saw giving up my SP as one of the easier fights, after all its something external that i can just throw away whereas my eyes and my mind as glued to me.....

Anyhow, if you are serious about this, you can reach out to me directly to discuss.

=====