

Saved by the filter

Posted by siyatta - 16 Jan 2025 20:23

If one gets triggered to the point that he's about to cave and fall, and is saved only by the fact that he was smart enough to get a filter on his device, how do we look at that? It's obviously not a fall, but is it a win? It sure feels dissapointing. I imagine there needs to be some serious cheshbon hanefesh after that kind of close call. What would be the correct thought process after such an experience?

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Re: Saved by the filter

Posted by thegrave - 16 Jan 2025 20:38

[siyatta wrote on 16 Jan 2025 20:23:](#)

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disclaimer: this is just my opinion.

Its definitely a win IMO! Because think about it without a filter its like bringing a knife to a gun fight so, the filter definitely did its job. about the *cheshbon* part if it will help you figure out why you ended up there *i.e. bored, triggered etc.* then its beneficial but if it gets you down its probably better to take the win and move on.

keep it up man! you got this!

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Re: Saved by the filter

Posted by BenHashemBH - 16 Jan 2025 20:45

I agree with thegrave.

You made a smart decision when you were of sound mind to help protect yourself in case of a

vulnerable moment. You get the credit for that.

Kol Tov

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Re: Saved by the filter

Posted by odyossefchai - 16 Jan 2025 20:54

Chazal say if a person planned to do an aveirah and didn't, he is not held liable.

I trust them

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Re: Saved by the filter

Posted by odyossefchai - 16 Jan 2025 20:55

Also, it sounds like the filter did its job.

That's exactly why we have them installed on our devices

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Re: Saved by the filter

Posted by adreamingyid - 17 Jan 2025 06:58

I feel like this is the same question as asking if an accountability buddy being the only thing stopping you is a win. Sure, someones pure willpower may not be enough in a situation, but due to external factor (shame/pride/punishment, whatever they may be) they don't fall. Is that a "win"? I would think so. Working on this area is not a question of just improving how we can cope in the moment (while that is important), but rather working on the whole broader picture. Setting up psychological and/or technical boundaries for ourselves is part of that. My thoughts anyways.

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