

Filterless workplace

Posted by gman - 18 May 2009 00:40

Hi, newcomer here. I've been doing SA for pornography addiction. Major relapse over past several months. Main trigger is I need to be at my desk at work, but there's not that much work to do in this economy, so, you know what I do to fill the time. I tried several times to install koshernet or netnanny, but the complex network which my company uses - offices in several countries, etc - does not allow employees to install ANY software. No exceptions (I've asked, but short of admitting that I have this problem which, by definition, violates company policy and is cause for dismissal, of course). I B'H have good support system, therapist, wife and of course koshernet installed at home. But I need to make this hard to do at work, not easy.

Any ideas of how I can get this done? Is there a way that a 'buddy' outside of my company could track my internet movements, for example, or is that also going to be firewalled by the network?

Thanks very much for having this forum. It feels good just to type these words to frum chevra instead of the usual SA crowd.

Breaks the isolation.

=====
=====

Re: Filterless workplace

Posted by the.guard - 18 May 2009 12:09

Hey Gman, welcome to our community!

Please see the 5 Accountability software choices on [this page](#). Maybe one of them will work for you.

Kol Hakavod on your determination. hashem will surely help you if you make the effort.

=====
=====

Re: Filterless workplace
Posted by aaron4 - 18 May 2009 12:30

gman,

Where do you sit at work? If you're in an office with your back to a wall, ask to move to a more open location. Having people pass by with the ability to see your computer screen should help. I'm sure you can think up a number of plausible reasons for the request.

=====
=====

Re: Filterless workplace
Posted by gma316 - 19 May 2009 13:29

you redirecting the sites you go to to this site so if you type in one site it will automaticly send you to another site I recommed this one if yo need to kow how to do this fell free to contact me thats what I did and B"h it seems to work

=====
=====

Re: Filterless workplace
Posted by the.guard - 19 May 2009 13:43

What company does this?

=====
=====

Re: Filterless workplace
Posted by gma316 - 19 May 2009 13:49

its not a company it is something you do your self with your computer its simple to do will not harm your computer. the down side is that it can always be deleted the same way it was done the goal is to use it as a reminder so if you start going down that path you will remeber what happens if you go to that site and stop or let it send you to a diffrent one, or have someone you trustset it up so you do not know how to delete it. all you need is the web site that you want to be redirected to's ip adress.

=====
=====

Re: Filterless workplace
Posted by MW - 26 May 2009 13:34

You might want to consider enabling your content filter in Internet Explorer (tools>internet options>content), you create a password and add allowed sites or categories. Granted, it's a terrible filter and easily circumvented but if all you need is a barrier it might help.

=====
=====

Re: Filterless workplace
Posted by Nat - 31 May 2009 17:23

for me I am always flying and there's internet everywhere in lounges hotels etc,

What I do is never have a free moment as in I am always reading information about the disease always posting and going to online meetings.

The Lubavitcher rebbe once used this idea about meat which is going through salting to remove blood kol hapolet ayno boleah. If something is letting out blood it does not absorb.

As well I have a seder in learning nothing special just an order of books to go through when I get bored chumash etc I learn a bit of one read a story etc but in a seder....

Hashem should truly help you!

=====
=====