

how far do you really need to go

Posted by muststop - 09 Jan 2011 02:21

ey guys shavoa tov so this is so far my second day clean wohoo and i will hopfully starting a s/a group on monday in baltimore so excited to see how that goes BUT i have a few questions first of all does anyone know a better filter than k9 because I do computer programing specializing in secuity and it took me all of 5 seconds to completly wipe out the filter which filter gabbi put on for me and 2 when i do get a fliter how far does one need to go as in what should i block like for example youtube or other video sites please respond soon as I really need a filter FAST

SINCERLY

MUST STOP

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Re: how far do you really need to go

Posted by 2nd-chance - 09 Jan 2011 02:59

the video sites is really dependent on your level of addiction and your **triggerocity**

you should know your ?????? and realize if it triggers u to acting out.

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Re: how far do you really need to go

Posted by ur-a-jew - 09 Jan 2011 04:42

Must stop how about an accountability program like webchaver?

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Re: how far do you really need to go

Posted by silentbattle - 09 Jan 2011 06:26

Why don't you tell us? How far do you think you should go? Like 2nd Chance said, do you find

yourself triggered? Or searching for triggering videos? Ever?

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Re: how far do you really need to go
Posted by ss7107 - 09 Jan 2011 14:45

I use a filter called BSECURE. While it is not foolproof, it is quite smart and programed well to avoid hackers like you and I. It also has a feature (which I use) that send a full report to someone on a weekly basis and whenever a "blocked" site is attempted to be accessed it will send an instant notification to someone's email. (For me this someone is my wife, it creates true accountability of my time online.) I can help you with this if you want. PM me.

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Re: how far do you really need to go
Posted by muststop - 09 Jan 2011 19:51

hey guys so im on my third day today and so far its going pretty easy but im guessing its gonna get really tough soon so im trying to pepare but here the thing i have no idea what triggers me and when it does it will be to late im done for what do i do

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Re: how far do you really need to go
Posted by ben durdayah - 09 Jan 2011 20:43

One thing that has been said several times on this forum is that a filter is only a fence...

If you are out to jump over it, and have the ability to...it won't work.

I'm with man getting well on this one...you need accountability software, that will report you if you even try to disable it.

KOT!

EBD

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Re: how far do you really need to go
Posted by ss7107 - 10 Jan 2011 15:01

[ben durdayah wrote on 09 Jan 2011 20:43:](#)

a filter is only a fence...If you are out to jump over it, and have the ability to...it won't work.

A valid and very true point. I found that about myself many times. The way to do this is not to block ourselves from the world but to get help to block the world from ourself. Today, when I am online I like to let people know where I am, what I am doing, etc. When I don't - even the legitimate sites become illegitimate.

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Re: how far do you really need to go
Posted by silentbattle - 10 Jan 2011 17:29

One of the most powerful tools we have is the concept of one day at a time. Your goal is not to stay clean forever - it's to stay clean right now. Even one minute at a time.

To do that, you can practice in your mind - imagine being triggered and walking away. Just getting up and leaving the room.

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