disable incognito mode
Posted by ???? ????? - 13 Oct 2024 19:18

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Hi i just disabled incognito mode i think thats a big step for me as a boundary here is how i think it can be helpfull for some of you

thats for windows

1)press CMD in the windows search bar

2)press on "run as administrator"

3)copy this:**REG ADD HKLM\SOFTWARE\Policies\Google\Chrome /v IncognitoModeAvailability /t REG_DWORD /d 1**

4)press enter

5)press y

it sould come up **The operation completed successfully**.

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Re: disable incognito mode
Posted by zdawg - 28 Oct 2024 10:16

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Hi, I did that recently as well and felt like it was a good start step. I think eventually I'm going to have to call in a good friend of mine to install a filter but in the meantime, do you know a way to disable other browsers? Last night I had a fall because I stayed complacent, sort of laughing at my urges because I have several filters and incognito disabled on my chrome (they can be beat but they are fences that keep me away for now) but then I realized I could just open the crappy regular browser! And well, there went that.

Chag has been very rough ngl. Had a fall of just M a few nights ago and last night was full blow. Feel terrible today, haven't had a fall this bad all month, minor setbacks since I started using GYE in earnest at the end of Elul, but this is the first one that has me feeling beat. Part of that th is a built up of neagtive emotions from chag I've been struggling to deal with.

Sorry for the random rant on your thread but Pischi Li Pesach K'chudo Shel machat...

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Re: disable incognito mode
Posted by levaryeh - 28 Oct 2024 12:34

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Hey you should never despair, get right back up and continue your fight. What works for me is strong gedarim and accountability. Try contacting HHM: michelgelner@gmail.com, he can definitely help you get on the right track.

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