



MYTAZKIYAH PURIFICATION

- BLOCKER LIST -

My Tazkiyah's list of blockers/restrictions/timers

READ THIS REMINDER FIRST:

Assalamu alaykum wa rahmatullahi wa barakatuh.

The main aim is to build a natural resistance to accessing X-rated material.

Blockers do help, and they will help, but technology can be bypassed. There's always a way. **Blockers are NOT fool proof.** Use blockers to help you get to the point of not accessing X-rated material naturally. We suggest you continue to use blockers forever, as complacency can lead sober brothers & sisters back to square 1.

We highly recommend that you combine apps. This will create the best barrier against accessing X-rated material. We also highly suggest that you ask someone to set a pin as many of these apps allow a pin protect option; you can ask your accountability partner or family member to do this.

With the help of the My Tazkiyah's community, we've compiled a list of blockers below through the experience of many sober members. There are thousands of blockers out there, but we've selected some of the most efficient. If you have a blocker that you believe should be on this list, please contact us so we can update the list.

N/B: Please note that some of these blockers will be **paid**, but there are free options listed too. The apps which are paid for may have inaccurate pricing due to the developer changing the price.

The blockers will be categorised into the following:

- Android
- iPhone
- PC/Mac

Calling up your Internet Service provider

Now, before you start blocking content on your phone/pc/mac, it is best to call up your ISP and ask them to block adult content and also call your mobile service provider to do the same.

Android (combine apps if you can)

Detoxify (Android Blocker – PAID \$5.50 p/m)

One of the best blockers for Android. Multiple modes of filtering - Custom blacklist sites - apps - Uninstall pin protection (accountability buddy) - Safe Search (avoid triggering content) - accountability alerts - Device admin permission.

Good customer service. Quick response times. Popular amongst sober members.

Our Rating: 4.5/5

BlockP (Android Blocker FREE & PAID)

Free version is littered with ADs. Best to pay premium.

Adult content blocker (filters sites + social networks) - Uninstall prevention - accountability partner password protection - Safe search - block newly installed apps + browsers - Device Admin permission **Our Rating: 3.8/5**

Qustudio (Android Control app FREE & PAID)

Originally created for parents to control their child's phone usage but works perfectly for addicts. Give access to a trusted person and allow them to receive reports of your activity.

You can also block harmful content. It's an all-in-one app. **Our Rating: 4/5**

BlockerX(Android Blocker PAID \$7.50 p/m (3 day trial))

Uninstall notification to accountability partner - safe search - word blocker. This app is much better on Android than on iPhone. Do not recommend for iOS. **Our Rating: 4.3/5**

Bulldog Blocker (Android Blocker PAID)

This app uses AI to block explicit content. It scans your screen for explicit images using AI.

You can lock the filter, use PIN protection and timed delay. Safe search – website and keyword blocking. Users have mentioned that the AI can be buggy sometimes and block things that aren't explicit. **Our Rating: 3.8/5**

BlockApp (Android Blocker FREE)

Effective blocker which allows you to block apps and websites. Allows for strict blocking so you're not allowed to pause or edit the restrictions. Device Admin permission to prevent app from being forcefully closed or uninstalled. Good idea to combine this with another app. **Our Rating: 4.5/5**

Family link (android – a Google app, so very secure – FREE)

Basic web filtering. Easy to use and secure due to being a Google App. You can restrict YouTube, Google play store and search. **Our Rating: 3.2/5**

Purity Browser (PAID): This is a simple app which allows you to search the web with no pictures or media. This means you can't see any images/videos which may trigger you. Please combine this with other apps and do not use it standalone. **Our Rating: 4.5/5**

iPhone iOS (combine apps if you can)

iPhones are more limited than android phones, but the integrated screen time function is excellent if set up correctly.

Screen time (iPhone – built in – FREE)

Screen Time is built into iOS. Go into your settings to enable it. Add your own restrictions. I.e., the x rated websites you used to visit, the app store, YouTube, Instagram (any app you relapsed on) and then ask someone who's trustworthy to set a password. Make sure to skip Apple ID to limit loopholes. Cannot be bypassed unless you know the password, so ensure that the trusted person is the only one who knows. **Our Rating: 5/5**

Covenant Eyes (activity tracker/Blocker – PAID \$16.99 p/m)

Great activity tracker. If you visit harmful/sensitive content, it will send that information to your accountability partner (AP). Also contains a blocker that blocks explicit content. Covenant eyes is also available for android, but it is much better for iOS. **Our Rating: 3.5/5**

Porn Block Plus (Block explicit sites on safari FREE)

Very good reviews. Recommended. Block P sites on safari by downloading this app. You can add filters and specific websites you want blocked. It's free too! **Our Rating: 4/5**

Purity Browser (PAID): This is a simple app which allows you to search the web with no pictures or media. This means you can't see any images/videos which may trigger you. Please combine this with other apps and do not use it standalone. **Our Rating: 4.5/5**

Spin Safe Browser (FREE): A free web browser which uses Strict Safe Search filters to effectively help block inappropriate content on common search engines like Google and Bing.

IMPORTANT:

Due to the limits of IOS, my recommendation is that you do the following: download purity browser and then using screen time, block the app store, safari, YouTube, Instagram and/or any app that may trigger you; **ensure** you ask someone trusted to set up a pin for you.

WINDOWS/MAC

Cold Turkey (Windows/Mac – FREE & paid)

cold turkey allows you to block any website you desire. Uninstalling Cold Turkey is not an easy process.

Freedom (Windows/Mac – FREE & Paid)

A simple but effective blocker. It can be easily bypassed, however, if you want to limit content consumption, then this is great for it.

Windows (Built In) Filter:

Click on the Start menu.

Settings gear.

Go to Family and other people.

Click on the link “Manage family settings online”.

Click on the Web Browsing button.

Click on the “Block inappropriate websites” button.

Mac (Built in) Filter:

System Preferences

Parental Controls

Create a new user account with parental controls

Click Continue and enter the account password to unlock preferences

Create User

From here, you can limit access to adult websites etc.

Google Chrome (Mac/Windows): If you are using chrome as your main browser, you can turn on safe search.

StayFocusd (Mac/Windows): This is an app which allows you to block apps on chrome. It also has a strict mode.

Block Adult sites with DNS Filtering services:

This is probably the best way to block adult sites: OpenDNS is a public DNS service that can intercept and filter or block content based on your settings. There are other DNS services too. Please visit this link for a tutorial: <https://thinkmobiles.com/blog/how-to-block-porn-adblockers/>

Norton Family Premier (PC/MAC Blocker – PAID \$36.00 p/y)

Block adult content on your PC or Mac. It's quite simple to use and is very secure. Has easily filtering methods and can be set from low to high restrictions. It is also quite cheap at approximately 30 dollars per year, instead of monthly payment.