



Beyond Blocking

A Comprehensive Framework for Content Addiction Recovery

Spiritual Discipline • Technical Solutions • Accountability
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Why This Report Matters

Instant access to pornography, doom scrolling, the endless news feed, and content addiction are flat out destroying both individuals, married couples, and families. This is by design.

Thus, this report exists for the same reason MARK37 exists: to serve the multitude seeking Truth in Love and a way to escape the onslaught of evil we are bombarded with every waking moment.

We're not here to judge where you are at today. We are here to hand you real tools that solve real problems and provide real hope.

However, hope alone and no single piece of technology will solve the problem. Anyone telling/selling you otherwise, is flat out lying to you.

If blocking software alone could fix addiction, the problem would have been solved a decade ago. An alcoholic with no car, or who can't find his keys, can still walk to the liquor store if he's desperate enough.

Technology simply buys you time to build the habits, spiritual discipline and accountability that actually provides sustainable results and healing.

AA got it right with Step Two: acknowledge that a Power greater than yourself is in control. This is not weakness. This is the beginning of freedom.

What follows below is a four-layer framework (technical prevention, accountability, recovery science, and spiritual community) along with our honest assessment of the tools available in each category. Some of these companies we partner with. Some we don't. Our only filter was: does it work, and does it respect the person using it?

If you're reading this and you're in the fight, or you love or know someone who is, keep reading. There is a way out.

“Blocking is the foundation, but the battle is only won through persistent spiritual discipline and accountability. The right technology simply buys you time to build the relationships and develop the habits that actually heal.”

The Four-Layer Framework

Content addiction recovery requires a layered defense. Each layer addresses a different dimension of the problem. Relying on any single layer is a recipe for relapse.

Layer 1: Technical Prevention

The first line of defense is removing or restricting access to harmful content at the hardware, software, and network level. These tools don't cure addiction but they create friction between the impulse and the act.

Hardware Solutions

Purpose-built devices that eliminate or severely restrict access to problematic content by design.

Device	Approach	Best For	Limitations
F1 Pro Flip-Phone sunbeamwireless.com	No apps, no browser, no music. Phone calls only option.	Adults wanting total digital detox; teens	No smartphone functionality other than navigation option
Light Phone thelightphone.com	No apps, no browser. Calls, texts, directions, music only.	Adults wanting total digital detox; teens	No smartphone functionality
Ghost Phone mark37.com	GrapheneOS on Pixel hardware. No Google services. User controls all permissions.	Privacy-focused users needing smartphone capability	Requires technical comfort; pairs best with DNS filtering
Gryphon AX Router gryphonconnect.com	Mesh router with built-in parental controls and content filtering at the network level.	Whole-home filtering for families	Limited customization; home-only
CleanRouter cleanrouter.com	Pre-configured router that blocks adult content by default.	Non-technical families wanting plug-and-play	Limited customization; home-only

Software & App Blockers

Applications that use AI or rule-based filtering to block adult content on individual devices.

Tool	How It Works	Standout Feature
Canopy canopy.us	AI-powered real-time filtering on websites and apps. Works across browsers.	Instant AI detection - not reliant on URL blocklists
Bulldog Blocker bulldog-blocker.com	AI-based content blocking. Scans entire screen, not just browser.	Full-device AI scanning; works inside apps like YouTube, Instagram
BlockerHero blockerhero.com	AI blocking with 2FA required to remove the app.	Tamper resistance via two-factor authentication
BlockerX blockerx.net	Blocks adult content plus gambling, gaming, dating, social media.	Broadest category coverage
BlockP blockp.com	AI-driven digital wellness combining porn blocking with focus timers.	Holistic digital wellness approach
Pluckeye pluckeye.net	Open-source browser extension with delayed gratification model.	Privacy-respecting; open-source

DNS & Network-Level Filtering

These solutions block content at the network layer - before it ever reaches a device. Many are free and can be configured in minutes.

- **CleanBrowsing** - cleanbrowsing.org - Free “adult filter” DNS. Blocks adult and phishing sites across your entire home network. Set-and-forget.
- **OpenDNS Family Shield** - www.opendns.com/setupguide/#familyshield - Free service from Cisco. Automatically blocks adult, porn, and phishing content. No account required.
- **NextDNS** - nextdns.io - Customizable DNS with AI-powered blocking rules. Granular control over categories. Free tier available.
- **Safe Surfer** - safesurfer.io - Provides step-by-step router configuration guides. Good for non-technical users who want network-level protection.
- **AdGuard DNS (Family)** - adguard-dns.io/en/public-dns.html - On Android: Settings → Network & Internet → Private DNS → enter family.adguard-dns.com. Blocks porn on all browsers and apps without installing anything.
- **Cloudflare Family DNS** - one.one.one.one/family - Same setup path. Enter family.cloudflare-dns.com as your private DNS provider. Free.

Parental Control Suites

- **Qustodio** - www.qustodio.com - Cross-platform parental control with web filtering, screen time limits, app controls, and location tracking.
- **OurPact** - ourpact.com - Schedule-based screen time management with app blocking and geofencing.
- **Google Family Link / Apple Screen Time** - Built-in ecosystem tools. Free but limited. Better than nothing, if trapped in the Apple and/or Google ecosystem, but not sufficient as a standalone solution.

Layer 2: Accountability & Transparency

Blocking creates friction. Accountability creates consequences. In addition to blocking content, these tools can also report activity to a chosen partner - a spouse, pastor, mentor, or friend - creating a human layer of oversight that technology alone cannot replicate.

Tool	How It Works	Key Differentiator
Ever Accountable everaccountable.com	Monitors device activity and sends regular reports to designated accountability partners via email.	Reporting-only model. No filtering - pure transparency.
Covenant Eyes www.covenanteyes.com	Captures, analyzes, and blurs screenshots of all device activity. Sends visual reports to partners.	Screenshot-based accountability. Combined filtering + reporting. Industry standard.
X3watch x3watch.com	Activity reporting on unlimited devices. Includes 6-part video series and weekly virtual support chats.	Bundled community resources - not just software, but structured recovery content.

Layer 3: Recovery & Behavioral Science

These tools go beyond blocking and reporting to address the neurological and psychological roots of addiction - rewiring habits, tracking progress, and applying clinical techniques.

Tool	Approach	Best For
QUITTR quittrapp.com	AI-focused coaching with daily goals, progress tracking, and 90-day neuroscience-based recovery program.	Users wanting structured daily accountability without invasive monitoring
Fortify www.joinfortify.com	Educational content, community forums, and structured recovery programs designed to change mindset. Free teen scholarships available.	Users wanting therapy-integrated recovery with peer support

BrainBuddy brainbuddyapp.com	Cognitive behavioral therapy (CBT) techniques, daily exercises, and gamification to rewire habits. 100-day evidence-based program.	Users who respond to gamified progress and neuroscience-based approaches
Shift Your Phone shiftyourphone.com	Behavioral modification through phone usage pattern disruption.	Lightweight habit-breaking without full recovery commitment
Opal www.opal.so	Screen time and focus management with intentional usage design.	Broader digital wellness - reduces overall compulsive phone use

Layer 4: Community & Spiritual Discipline

This is the layer that determines whether recovery lasts. Technology restrains behavior. Community transforms the person.

- **Porn Addicts Anonymous (PAA)** - pornaddictsanonymous.org - 12-step recovery model adapted specifically for pornography addiction. Meetings, sponsors, structured program.
- **Live Free Community** - livefreecommunity.org - Faith-based men's fellowship and recovery. Private app with messaging, local accountability matching, and weekly audio/video content from community hosts.
- **Exodus 90** - exodus90.com - A 90-day challenge of prayer, asceticism, and fraternity for men. Developed at a Catholic seminary, now transforming thousands of lives. Men form small teams for mutual support as they grow in virtue and break free from sin.
- **ESC From Porn** - escfromporn.com - Online community and resources for those seeking to escape pornography. Educational content and peer connection.
- **X3watch Community** - x3watch.com - Virtual weekly support chats bundled with accountability software. Combines tools with real human connection.
- **Local church men's/women's groups** - Often the most effective and most overlooked resource. A trusted pastor, elder, or small group leader who will walk with you.

The Spiritual Dimension

Temptation is not in the object but in the heart. The phone, the laptop, the browser are all neutral instruments.

The real battle is interior.

When temptation comes, the best course of action is flight, not fight.

Invite Christ into the moment. Pray. Flee, however you can. Find something joyful to distract yourself with, as our higher frequency thoughts and actions are a great way of cleansing the impulsive lower frequency ones.

We almost always fall when we think we can fight on our own. This is especially when we believe we can win without Christ's assistance. Thinking we can do this on our own is pride and pride is the door through which almost every fall begins.

Keep in mind that temptation can also serve a redemptive purpose.

By resisting generously, we prove our fidelity and strengthen our resolve. Temptation reveals the disorder within us and teaches us our desperate need for Grace. It teaches us to know ourselves and to examine what invited the temptation and what helped us gain victory over it.

Each moment of temptation is thus an opportunity to win a small battle that the devil absolutely abhors.

"I acknowledge the temptation I am feeling right now is real, but I thank You Lord for giving me yet another opportunity to prove my love for You, myself and my family."

Know that the enemy's primary aim is despair. Shame. Isolation.

The voice that says, "you'll never be free, so why bother trying?". That voice is a liar. Every saint has a past, and every sinner has a future.

Fasting for a day or even a few days helps you build the fortitude to fight and win the physical and spiritual battle when our carnal desires cry out to be satiated. This is why fasting has been baked into the weekly Christian calendar (and that of nearly every religion) for centuries. Learn how to fast, safely, and start using this as a tool because the reality is some demons can only be overcome through prayer and fasting.

Hope is not a strategy... but hope anchored in Christ, combined with accountability, community, purpose and the right tools is a winning battle plan.

Building Your Personal Recovery Plan

No two people are wired the same way, and no single combination of tools will work for everyone. The framework below is a starting point - adapt it to your situation, your family, and your specific vulnerabilities.

- **Step 1 - Block it.** Choose at least one hardware or software solution from Layer 1. Set up DNS filtering on your home network today - it takes five minutes and it's free.
- **Step 2 - Report it.** Install accountability software (Layer 2) and choose a partner. This should be someone you trust, who will be honest with you, and who won't shame you.
- **Step 3 - Understand it.** Engage with at least one recovery tool from Layer 3. Addiction has neurological roots - understanding the science removes the shame and reveals the path.
- **Step 4 - Join others.** Find a community (Layer 4). A 12-step group, a church small group, an online fellowship - whatever fits. You cannot do this alone. You were never meant to.
- **Step 5 - Pray.** Daily. Before the temptation comes. During. After. Especially after a fall. The spiritual battle is the real battle. Every other layer supports this one.

A Final Word

If you've read this far, you're either in the fight yourself or you love someone who is. Either way, you're not alone and the fact that you're looking for solutions means the battle isn't over.

I built MARK37 because I believe digital sovereignty is spiritual resistance. Every tool we sell, every consultation we do, every partnership we form is aimed at one thing: helping people take back what was taken from them. Their privacy. Their attention. Their freedom.

This particular fight against content addiction is one of the most personal and most important battles of our time, and for me personally, having struggled with these addictions since I was a teenager, and now a husband and father of 3.

It's destroying marriages. It's rewiring children's brains before they're old enough to understand what's happening... and the trillion-dollar machine that has been behind it for decades is designed to keep us all coming back.

But greater is He that is in you than he that is in the world.

Pick your tools. Find your accountability and community. Stay in the Word daily. And when you fall, because you will -we all do- get back up.

Confession of your sins and repentance with a contrite heart to Christ, who is the embodiment of Infinite Grace, and a fresh start are available to you every single morning.

Our team is also here to help you on your journey. Free consultations are available at www.MARK37.com.

No judgment. Just solutions.

Prayer for Deliverance from Addiction

Lord Jesus Christ, I come before You acknowledging that I cannot win this battle alone. I renounce every attachment to impurity and every lie of the enemy that tells me I am beyond Your reach. By Your Precious Blood, break every chain of addiction and compulsion.

Send Your Holy Spirit to guard my eyes, my mind, and my heart. Place a hedge of protection around me and each member of my family. Give me the grace to flee temptation, the humility to ask for help, and the courage to walk in the light.

I claim Your promise that whom the Son sets free is free indeed. Mother Mary, pray for me. St. Michael the Archangel, defend me in battle. In the name of the Father, and of the Son, and of the Holy Spirit.

Amen.
