Alternatives to the Shopper Stopper

Below are a list of free tools that can be used in place of the Shopper Stopper if you would like to continue closing online shops. We have provided a number of options with information on their features so you can judge which tool might be best suited for you.

Please note these are external websites, unconnected with Money and Mental Health, and we are not responsible for their content.

Stayfocusd

Website: http://www.stayfocusd.com/
Operating system: Windows
Browser: Google Chrome
Free to use: Yes
Blocking features: Sites can be added to a blacklist and a timer set to block access to them. It is also possible to enable certain subpages of Web sites while blocking the rest of them and there is a 'nuclear' option which cannot be reversed for 24 hours.
Extra features: Setting up the "Require Challenge" option gives you a small challenge to complete before you are allowed to change any of the settings you have chosen.

Cold turkey

Website: https://getcoldturkey.com/
Operating system: Mac/Windows/Android. Suitable for tablets and phones
Browser: Google Chrome/Firefox/Microsoft Edge
Free to use: Yes
Easy to use: Sites to block can be added to a blacklist and a timer set to block access to them. Until the timer expires these sites will remain blocked, even if the app is deleted from your computer.

Self control

Website: https://selfcontrolapp.com/
Operating system: Mac
Browser: Safari
Free to use: Yes
Blocking features: Sites to block can be added to a blacklist and a timer set to block access to them. Until the timer expires these sites will remain blocked, even if the app is deleted from your computer.

Leechblock

Website: http://www.proginosko.com/leechblock/
Operating system: Windows
Browser: Firefox
Free to use: Yes

Blocking features: Up to six sets of sites can be chosen to block, with different times and days for each set. You can also set a password to access these sites, if you just want to delay yourself from visiting the site.

Icebox
Website: https://www.finder.com/icebox
Operating system: Windows
Browser: Google Chrome
Free to use: Yes
Blocking features: Instead of blocking sites you can replace the 'Add to basket' button on online shops with a 'Put on ice' button that prevents you from buying the item until the cooling period you have set is over. Covers 400+ online shops.