1. in Firefox go to about:config. Change toolkit.legacyUserProfileCustomizations.stylesheets to "True"
2. Also, to enable custom SVG icons, go to about:config and set svg.context-properties.content.enabled to "True"
3. Find your profile folder (go to the url about:profiles in firefox, and open the folder of your active profile)
4. Copy the chrome folder from dots/firefox to the aforementioned profile folder.
5. Restart firefox, you theme should be updated
6. Make sure all are true
7. **toolkit.legacyUserProfileCustomizations.stylesheets**
8. **layers.acceleration.force-enabled**
9. **gfx.webrender.all**
10. **gfx.webrender.enabled**
11. **layout.css.backdrop-filter.enabled**
12. **svg.context-properties.content.enabled**