It’s nearly the end of my 3 months of trying to prove that I am worthy enough of another shot at studying at Langara. I feels like I am an F1 driver, to be honest. You gotta step up or no one will sign you next season. It really feels like it. But when there is a burden on your back, you either fall of due to pressure or rose through it and become more successful than ever before. To be honest, I guess I am in the former. I think I am in the former. To recap, I usually fall through pressure. I cried a lot. I lost count of how many times I cried. I masturbate and then I had post nut clarity. The thoughts that I am in a bad situation is not great. Yeah. When my mom/dad calls me, I always act like I am in control. But I am actually not. I get distracted very easily. Like I did yesterday. When I cannot get through my feelings, I just opened a game, disregard everything that is happening to me. Playing games is like getting a drug pumped into my veins. It give me life and a meaning of living. But it is short lived. Because the sad realization kicks in. Oh my god, it is 1 A.M and you have to work tomorrow. And then there is another cycle of self hate. Which is another bad thing that I should not do. You should love yourself, right? But I have been doing that to myself for so long that it is normal. I should tell myself it is not great to judge myself so harsh. You should acknowledge your mistakes, and fix it little by little

Second, I should not have a clear image of what will makes me happy. Because I know, Dr.K told me and everyone that even if I achieved those stuff, I won’t content with it even if it was a huge achievement and thus making me still sad. I think if I have that mentality, when I have a GF that I love, a house to live, a stable job, a pet that I love. Everything that I love and want to achieve, I won’t be happy. That sounds bs but I believe it so. My life does not change when I got a new reading machine, a mechanical keyboard, a smartwatch, a gaming mouse. The time when I feel really happy is that I am working towards something, like right now. I know it does not contribute much to the grand scheme, but working with it and expressing what I feel is a small joy of life. Like cooking, too.