To be honest, I tried to cut gaming. But it does not help much. Because I have a severe case of dopamine addiction. The situation is that, if I cut out gaming, I will tend to open websites and other crap to replace it. I know it does not help, and even harm my productivity. The best thing I could do is the thing I should have done or in a more positive outlook, it is now the second best time to do is now. The past has now already happened. I did bad things that I don’t like now. But what is the point of criticizing your past self. The only one who can hear those nasty words. There is no point really.

So what is my short term plan?

I stop playing until next Sunday. March 14th. Because I can complete those missions in 1 - 2 hours top. So, stop playing and consume media that create abnormal amount of dopamine and decrease my tolerance. To be honest, it is so boring typing like this. I could open Valorant, CS GO or single player video games and popping heads. So why did I not do it now? That’s like my ritual right? Play until 24:00 and then wake up late. No. I choose to become better even though so much time has lost. But there is still a part of me telling me that I should not give up now. Because I have once again try to become better and it is great that I do not have negative thoughts about failing. I just embrace the boredom, the sadness, and every emotions that have been hiding in me for so long. What are those emotions? Where do they come from?

Well, it is all the emotions that you tried to hide through very stimulating activities like video games, watching animes, browsing the web. So what I should do now? How do I get rid of those emotions?

No, you don’t. Even if you tried to hide, run, or forget it, it will comeback even stronger. And when it is coming back, it will amplify your depression and it will take a lot more time to process and comeback from depression. Depression is like a person that you don’t like to stick around but, due to circumstances, you cannot escape from it. It is a part of your life. A human life. I really hate depression, sadness, and every negative emotions that comes with it. It drags me down, it makes me vulnerable, it distracts me from doing what I supposed to do and what I want to do. The first thought was trying to get rid of it. Exercise, walks, diaries and video games are all the methods that I use. But I always forget the fact that “he and I cannot be separated by force”. We can only live with it for so long that we are accustomed to each other. It’s like rubber band. So what’s on my list tomorrow? **Embrace boredom. Follow schedule. Eat enough and stop using internet as long as I could.**

So what’s the plan?