This is the first day for me at lockdown. So this is the first day of lockdown and I just feel it does not have any differences. But I guess the first thing I need to address again and again is my discipline towards learning in general and spending time to judge myself. I think it is best to keep myself positive, but also acknowledge all the negatives that I have and accept those because that’s what I am. It is hard to acknowledge my mistakes and actually fix them. It requires effort and discipline to change. There are two main things that I have aimed at myself. In the morning, I need to stop masturbating and thinking about her. It has been so long since we last parted and I still think about her. Speaking about her, sometimes, I still yearn for her care and love. Is that true love? Or because I miss her because she is my second mom. I think I only like her because of the latter. I have become so dependent on my mom and others around me that when I am left alone, I really do not know what to do? Everything just spiraled into failure and disappointment and many more things. That one year at Canada has left me a deep scar in my mind. Almost every bad memories that sometimes mess with my mind stems from that time period. To be more positive, I glad I got out of that hell and learnt some valuable lessons. But to be more negative, that might be the most peaceful period of your life and you should prepare for more because it is gonna get more rough as times goes on. I should get to sleep soon. But I also need to get my short term to do list.

1st: Wash my face. Then I should go to sleep without any interruptions. When I wake up, I should try my best not to touch myself. It is an addiction and I need to stop. Then call my mom to do some exercises to make myself feel more lively and then eat breakfast. One by one. Ok?