Hello

Hi

How’s your day been?

I would just say it has been an eventful day.

Can you tell me more about it? I know it has been rough? But I think we should talk it through and through? We do not want to repeat what had happened right?

Let’s start with the things that bothers you the most

I guess it was my sister guilt tripping me about how I should study harder and mentioned the consequences of my past mistakes. Waste a tons of money, making parents cry and worries. I just hate having to face it again. It made my blood boils every time this happens

It seems like you cannot accept what you have done? The pain of facing is to hard for you. I know what you will do next. You will try to put it out of your ears because you know if you consume those words, you will become unstable right

You know me best. But there are some differences from your guess. I did rage. I raged by typing furiously on my mechanical keyboard. The blues are the best for typing but they are so loud. I think my sister can even from the other side.

What did it give you?

A sense of direction, I guess. A way to vent but without having to disrupt the thin peace between me and my sister

So you are doing what you do best. Hiding your emotions in front of everyone so they don’t have to worry about you. That’s the thing you have been doing the past few days right?

Yes, yes it is.

You are just repeating what you vowed not to do. Lying by not telling everything because your ego won’t let you do it.

I think it is already in my blood. I have developed a habit of enduring everything myself so others don’t have to worry.

So what consequences did it bring last time and another time?

Do I have to say it again?

You have to say it if you want to have peace with your self

I know you/I cannot break this bad habit one way or another. But at least, we can admit that we were wrong. Not cowering from fear

I failed 4 subjects. Because I keep telling them that I am doing just fine

I became a psychopath and laugh hysterically at everything and made everything worse. I was left alone, eating junk foods and having a shitty sleep schedule. I don’t have a girlfriend anymore. I keep telling everyone that I have moved on. But deep down, I still want her to be my girlfriend, my future wife

Thank you for admitting. It is a one small step to your future right? yes