Today is the first day that I am starting everything over again. My feelings right now are a bit too excited after I listened to AOT openings and it made me pumped but also distracted from what I am supposed to do. I still have a deadline to follow and I can’t mess up. The 6 stars limit has not been reset yet so that it is not my concern right now. I have given up 30 minutes of my life to internet videos and I regretted it a lot. I have my CSGO farm case account running in the background. So there does not need my attention anymore. I need to accept that I have Video Games Addiction, but also believe that I can move on. I need to grief about what I did wrong and move on peacefully.

I will just say it. I regret lying to my parents and making them feel that I am ok. I regret staying up late holding my smartphone like there is no tomorrow. I regret spending a lot of on the internet doing pointless things.

I am happy that I have someone to support me in housing, internet, water and cooking. I have been through hell living by myself throughout the last 3 - 4 weeks and I regretted it fully