Today, again, not a good day for my mental health. But at the end, it improves a little bit. Let’s rewind the clock. I woke up at 7:00, reading Reddit looking for some bullshit entertainment by endlessly scrolling through a social media feed for 30 minutes. Yeah, I know. Looking back, it sounds boring as shit. But, at that time, it was amusing for me. And then I closed it off with masturmation to anime titties. Because, why not? Every man has their own fetishes right? I broke up with my girlfriend 2 - 3 months ago when my life was falling apart. I said that I was not salty about it. And here I am. Rambling about her like she never left. How amusing is that right? I told everyone and including myself that “I will not be salty about the breakup, and my mind will not be filled with emotions like regret or remembering her every day like a lunatic.” And I am just exactly like that. Clutching to her photos, like I loved her so much. Even though, I never answered her call properly. I had 3 - 4 arguments with her. Made her suffer through a lot. I am happy that she decided to cut off with me. That’s good for her mental health overall. And I have one less thing to worry about. Continuing my day with breakfast. I did not have anything fancy. Just some Uber Eats “bún bò” that she ordered. Although it was spicy, it is still better than what I cook or what frozen food I ate for the past few weeks. Then at 9:00, I started studying. Oh sorry, I lied about that. I used of 30 minutes to browse the Internet. Did that gave me any benefits that will serve me long term? Nope. Never. What I did learnt about was a YouTuber name “HeyZeus” started promoting Spectrum and Prisma cases. As expected, Spectrum rose .10 CAD. And Prisma sold about 200k because some guy on YouTube said so. It is a small victory for me, a small but meaningless victory. But at least, that’s what made me happy a little bit. Working on an assignment that you have failed is mentally straining for me. And my ego forces me to find ways to find a way to finish even though, realistically, I just need to do my best, write some notes about what I cannot do, and focus on another thing. There is no grades involved here. I guess my ego just wanted me to do it on my own. Because I have said so, so , so many time. For lunch, I have Indomie, no name sausages and salad. The meal that sticked with me for so long that I started to hate it. But, it was the only meal that I could cook. So I have to deal with it, for now. Then later, my short-sighted brain kept telling me to finish that damn Java task. Do it perfectly. And you know the result. I kept trying, trying to find an answer but I do not know where to find it and I stuck there. So i went on YouTube to find some entertainment because my mind was so exhausted from banging my head on a brick war and eventually, my sister caught wind on what I am doing and told me to outside. And she said this “You don’t need to do this, no one forces you to do this.” While later saying, “oh, by the way, you have two assignments left you know.” My interal rage was saying like “oh, I thought you said you don’t need to push yourself too hard. I don’t necessitate you to do this. But, but, what you said is a signal to me that “deadline is coming, better do it fast”. WTF sis. Are you aware of the consistency in your message” But, looking back, I don’t expect her to know that. Because, duh, I don’t have the guts to tell her because I am shy as shit. And I don’t want to have any more arguments. I know my logic brain will say: “If you don’t tell her, you are just lying to her, and when hell breaks loose again. You tell her but those words does not have any meaning anymore because you lazy ass didn’t tell her earlier.” Thanks my conscious mind, I know that. After I got told to go out of the home, I took a small walk and cried on a bench, thinking through all the bad things that have happened to me. I was so depressed. Even when I came home, I just fell in the bed without taking my coat off. I was half-asleep. Didn’t think things through. So much has happened. I hate my sister for keep making me feel bad about myself. I do not want to punch myself in the gut no more. It is tiring as shit. It just distracts me from what I supposed to do. I know that’s how you helped me. I appreciate your help but it does not help me at all. Sorry that I have disappointed you so much to the point that words of encouragement is not for me anymore. I accept the fact that I will be ridiculed. To be honest, I just accept it but not fully yet. I will still easily get emotional when you or mom talk those words. Throughout this diary, I tried not to be pessimistic or too emotional. But I guess these things are not avoidable, right? I want to cry a lot. I want to scream in the air “I FUCKING HATE MY LIFE”. But this room, or even this house is not soundproof so. My shyass does not let me do it. I will just scream with all caps in here, I guess. I just had a talk with my mom about how to dael with my addiction. I applaud her attempt to talk to me. I guess I was so short tempered, I guess.

But she’s right. I should start, again, practicing handling my emotions when I am negative. That’s the thing that makes me mad the most. She thinks that I am addicted to games so that I am need to temper that. No mom. Personal Anecdote, i am just hate boredom and negativity. So I used video games to boost my positivity but because I used it so much that it has turned on me and that’s my fault. I do not blame anyone else for that. That’s ALL on me.I need to practice to not kick yourself down when you are down. But be positive or at least, stay calm