This is the first time I have used diary as a way to wash out all the feelings I have been covering for the long as time. To be honest, I will still feel more comfortable playing Video games than doing this, reading or exercising. But I have a clear goal from the start I will only play when there is a new case or operation. I can’t play fully when there is a lot of stuff that surrounds me. If I tried to forget all the problems that I have right now with video games, It will only stack up higher and higher overtime. I have experienced it. I hate that experience. Having to dissapoint and lie to everyone is so unpleasant. I know I should not play video games. But, I should not fear it because, if I fear and fear from it. The urge of coming back to it will grow to a point where if I have a problem in my life. My monkey brain will instantly tell me to open a CS game. If i win, i play more because I crave that satisfaction. If i lose, I have even more short term reasons to play more, because I lose. And losing is not great. So? What should I do?

Well. I am thankful that I take a time of to think about what I should do. Because if I didn’t, I could have booted up the game at any moment and the bad habits will comeback. Like every type of entertainment, gambling, booze, or video games, it should be enjoyed responsively. I wasted the opportunity to show everyone that I could learn and play at the same time. But this is the chance. I will definitely reduce it so much that I will only do the duo missions at Tuesday. And every other missions when I got 30 minutes. Instead of consuming video games, I will consume anime and books responsively. I think if I played games yesterday, I would have not enjoyed the hell out of 2 episodes of Horimiya, the show that I discovered and I really like.

So what now? Am I calm yet? Kind of. I still acts like a person who have ADHD. Turning up to another pages constantly(inability to focus on one single thing). Throughout this writing session, I think I will revise a small plan so that I could follow.

1/ Spend 5 - 6 minutes trying to be mindfull

2/ Then use 30 minutes to do Math problems

3/ 10 minutes exercise

4/ Then 40 minutes math

That’s just the four things that needs to be done. Everything else will be decided afterwards. Ok? That’s the plan.