Why am i so immature?

Why am I stuck in the echo chamber in my head all the time?

Why can’t I be like others?

Why am I not calm all the time?

The question is always why?

It all stems from the need to improve. It is normal to yearn for a better life than you are right now. Everyone has the right to dream. But, to achieve that dream, it requires action, sacrifices and a coherent plan to get through. That’s what I think at this moment. I always dream the future where I could get what I want, a woman that I love, a house, a pet, a job that I can earn enough money to live through the day. Not a job that eats all through all the time that I have on my hand, and leave everything behind. The american dream of getting a 9 to 5 job. Working from Monday to Friday. And in the weekends, you can spend it to experience leisure activities with your love ones, or just being lazy. That is okay too. That’s the future, that’s the meaning of living for me right now. It seems so simple from the outside. But achieving it is not an easy task.

Today, I did not follow through the plan I planned for myself. I planned to get a new sim card to communicate with employers in volunteer places. But I hesitated because I slept through. Even when I try to focus on doing the homework that I supposed to be done months ago, I still could not finish it at a faster pace. Let’s blame everything on ADHD but I think actually have ADHD. I could not focus on one thing. When I do homework, I always have something to distract me. Just reopening two websites to make my unfocusness even more unfocus. That’s the thing that held me down for today. Even at this time, writing a journal and looking back at the day, I still want to escape from it. Opening another website, start up a game of Counter Strike, or watch a rom com that I just discovered “Horimiya”. A rom com that has been in my head for a few days because it is so relatable to me.

Why is it relatable? What aspect of it made me unfocus for days?

To describe “Horimiya”, I could say it is like a drug that you takes to rewind yourself into the past, where it was simpler, more innocent, high school days. The main character is a gloomy person. He did not have a lot of friends growing up. He is a shut in just like me. But one day, he gets to know a cheerful girl who shares his secrets with him. And then become lovers. Like me and my ex GF did back in high school. Everything happened to the characters did happen to me and her. People discovered about it. Everyone questions why a girl would date a gloomy boy like me. And we kissed, hang out, had sex, many arguments, and I am single. We broke up through a message. Just like how it started, a single voice of “I love you” through the phone. And ended with a message through the phone.

The timing of the event is “not great”, to be honest. I have many problems that I started and hearing those words, internally, “You fucking sucks, dude. It is because you handled your life so bad that a girl you loved broke up with you”. And I spiralled out of control. Pathological lying, resort to video games because I want to seek happiness, excitement. But video games only makes me more unstable. I know, at that time, and right now too, the best way to improve yourself is admitting that you are a flawed person. It is sad to say that out loud, to others but it is the best way. You cannot force anyone to give up on their long time hobbies. I even comeback to games from time to time. But I accepted the fact that I will only use it when I am truly free, Or try to finish some missions in the weekends. Other than that, exercising, reading books, talk to other human beings, or work will make my mind numb and stop the overthinking. Because overthinking results in hesitation and hesitation does not produce any meaningful actions. My mind and myself will be stuck in an echo chamber of negative self talk 24/7. I experienced that. It was hell to me. Sometimes, I can feel it too. But the only to get through it is to face our own demons, our own mistakes and fix it. There will be help but those are finite. The only one who can truly use those resources and pull myself backup is me. I have to stay calm. I cannot stay calm when I am malnourished, hungry or in a tight situation that requires the most calm. I always feels bad afterwards when I lashed out at parents or intentionally miss phone calls. But those actions were what I decided to do at those time. Of course, looking back, I will cringe at those actions. But in the end, it was actions of a child who stuck in a young adult body, The only way he could grow up is going through those challenges and grow up. He should not use video games like booze, he should only use them when he is calm and know the limit.

That’s all things in life. A balance everything. Wine could be great, candy, chocolate, cereals, or even sleep. Too much is not great. But too little, is not great too. And it is ok to stumble a little bit. You may not satisfy everyone but the most important thing is to have a happy life with those who are around you. I am grateful that I live in this house. I am happy that I got a laptop and money to buy food for myself to eat. But, I am not content with who I am right now. There are so much more fields that I could improve. Besides, I am only 19. There’s still roads ahead. Don’t feel down because you faced a few challenges, be happy because you live such an exciting life. I always imagined that I live in an ultra rich house. But that would be too boring. I would be the crybaby i always make fun of. Which is also me btw. I am one of those babies who got so much care from his/her parents that basic shit cannot be done without external help.

So what to do now? Let’s call Mom. And read a little bit before bed. That’s all I could think of.