It was not a productive day at all. My first big mistake was not locking the door. I think the main reason it was open because the door could not handle the wind and blew it wide open. So it was reported to the houseowner and i got scolded for it. To be honest, I was scared as shit. I am ready to burst out crying again. I know I should handle it professionally in the best way possible. And that’s the best course of action. But I am so used to crying about small stuff. Damn, it is hard to hold it in. But writing these out makes me feel uncomfortable and relaxing/relieving because I can express without using other means of entertainment to try to escape. Let’s be honest. All forms of entertainment cannot be used as a mean to escape or forget real life problems. They are still there, whether we played/drank or not. But the real difference is, after you use that medium to escape and then, reality hits. It hits hard, really hard. It takes some thoughtful thinking to handle it perfectly and without any hesitation. The key takeaway is “ The door is loose” and not locking it 24/7 will open it unwillingly. That’s the first thing I did wrong for today

Second, I took so long to start doing housework. That’s the stuff that I should have been doing between 10 - 13:00. But. Distractions got me. I was waiting for a new episode of AOT. But I should not have just sit there and wait. I could download it at anytime. Even when is 2 weeks late. Because I already knew th e story. I should have just do all the house chores till 2:00 and then I downloaded it watch for 30 minutes. And then get back to work. That’s the new habit I want to form next week.

Third, after I have eaten my dinner, I go straight to Video Games, even though I already spent the whole Saturday playing it. And to think back, I should not have played that much. I already set myself to only play 1 Comp match and do missions only. And I blew that task. I guess the main reason was and still is no presence of my sister at home. It is ridiculous, isn’t it? I can only hold back my temptations when there is someone else at home. Just their presence alone can scare me/ motivate me to do what’s right. Looking back now, It is a bad habit. Because they won’t be with me forever. I need to start being more independent, more confident in myself. Because that’s the major factor of determining whether I will success in the way of changing myself.

Fourth, I think I have a severe case of ADHD. When working, I cannot stop myself from opening Reddit, The Verge or even download games I won’t play so that I can feel satisfaction. I guess is the intolerance towards boringness is what drives me through those actions. Even now, when I should be focusing on writing a journal. I just open websites and websites for no good reason. The news is already there. You have read it. You have known it. Why bother coming back and wasting your time there? Does it bring you any benefits? Does it give you a solution to fixing your problems? All it did was giving you high of satisfaction. The satisfaction of doing such braindead tasks.

I know I should be honest with myself when writing these. Because it is a time of reflection and I can grow by examining the things that I did wrong and improve from it. Just like CS, the best way to improve is to watch my demos, which I never do and constantly aiming for improvement. I can emulate those actions in real life too. First, I need to be more active in starting conversations. Just like in game, people are usually scared to use their mics until someone speak first. Just say Hello. I should do that in real life too. Trial by fire. If there is any problem, people will point out to me. How I receive those criticism is also important, too. Like I said to my girlfriend before, I should take every criticism with an open arm. Do not get too conservative, or scared, or panic when there is a valid criticism. You/myself should view it as a good thing. Because those are genuine advices to grow. Even though they are said in a way that I don’t feel comfortable right now. But it is necessary. Just like going to the dentist. It is gonna be hurt. You know it is gonna be hurt. But if you left it for too long, it will hurt you in the long run. And to remove that pain way after that, it takes a lot willpower and it will hurt a lot more that dealing with it now. It applies to everything that’s around me right now. I should try and fail and fail again. Only facing failures and disappointment multiple times, again and again. I will grow in a faster way than being passive about those problems. I should not let those problems get to the head of my parents, sisters and everyone around me. Because if it did reach, it is already late but still doable to comeback. But it is a long hard comeback. Like right now. I feel scared. And that’s okay. I lack the skill to communicate effectively. And that’s okay. I act awkward in front of many people. And that’s okay too. Because not everyone is perfect. If you fail, it is not majority of external factors. But yourself needs improving. It is essential to try and improve yourself everyday. Like grinding for ranks right? In CS, there’s aim training watching demos having a nice mentality. It parallels to real life too. For example, I cannot do my homework right now because I am having an unstable mind right now. I cannot play well, either. I must not tilt in real life like in game. No matter how hard I lose, there’s always comeback. I believe in those. But comeback only happens when there is a calm mind and swift actions made. So what is my course of actions right now?

So. I need to read a book to calm myself down. Brush my teeth. Go to bed before 11:00 and try to wake up between 6 - 6:30 AM tomorrow. That’s my plan. Let’s do it