Today is Friday. The 5th day of the first week of living by myself. Let’s say it out loud. It didn’t go well. I still have lots of distraction. And because of those distractions, time were lost. What did I respond? Try to cling on to browsing/video gaming because I want to give up. But, there is another side of me, who does not want me to give up. The one who is still stubborn. Telling me to do it again. Do what needs to done. Telling the truth to those around me. Try your best because you could. And believe in your dreams. What is my dream again? To feel safe, to feel happy, not having to worry because it hurts my head so much. After yesterday, I felt like I have a major brain injury. Everytime I think a lot. It hurts. It really hurts. Everybody tries to help me. They asked me what is my problem? How can they talk and help me? To be honest, I don’t really know. I know video games, music and social media will distract me a little bit. But the reality is still there, I have “Depression” and “Inability to focus fully” because there are distractions that keeps me from doing it. It is my own responsibility to admit those and fix it. I still believe, one day, when I have capital, I will get a therapist. I felt like like I am not belong to anybody who are around me. Have I gone too far and become a shut-in? I guess so. That’s what it is from my perspective. I want a way out. I want to find an answers to my problems. The only activity I feel comfortable doing is write these notes down, letting out my feeling like I always want. I know that I will not get any results from these activities. But at least, it gives me peace. A peace from expectations, the goals I set for myself, a safespace from shit in real life. Now I have to let go, like leaving the house, leaving my home country to go on and work. It is hard to let go, but it is beneficial for me to keep holding on. What I need is change, the small change everyday that will help me get my dream. Whatever it takes. Even when my mental health have gone down significantly, myself has become cynical about everything. Getting it. Is my goal. A house, cat, girlfriend, and a job that I enjoy working. It is fun looking through these right? Those are the anchors that leads me. Not social medias, not video games. Just a simple thought of getting those, it is enough to make me happy.