

How do I un-follow stock market?

Escrito por deprussell - 27/07/2018 05:08

Hello,

I have lost about \$120k since I started investing in stock market. Currently, I sold all my stocks and focusing on my off credit card and student loan debts. I love to watch CNBC and go online to chat in message board about stocks. I wake up 6am and will watch CNBC throughout the day until 7 PM after Jim Cramer show ends. I feel life is boring when i'm not following stocks and get really bored with life. Deep down, I know I have an unhealthy obsession with watching CNBC and reading too much about stocks. I have replaced stocks with enjoying other aspects of life like having a girlfriend and making friends. I know the first suggestion will be get professional help but I want this is the last resort. Does anyone have suggestion on how to "separate" myself from following stock market?

Any help will be appreciated.

I didn't find the right solution from the Internet.

References:

<https://www.bogleheads.org/forum/viewtopic.php?t=248094>

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Thank you.

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