Use a Metaphor

Мy	is like (a/an/the)
(problem)	
Questions to	ask yourself about the metaphor to help you understand the problem better:
<u>It feels like</u> :	
I format albanti	ul
<u>I forget about i</u>	<u>ir wnen</u> :
I notice it when	;
<u>It changes whe</u>	<u>n</u> :
It moves when:	
u. da e	
<u>l'm able to cont</u>	<u>trol it when:</u>