

Forum:[Hack Forums](#)

Thread: [Whats a bad habit youve successfully broken](#)

Fish - October 2, 2024, 9:37 am

Breaking bad habits isn't easy, but it's always rewarding. What's a habit you've managed to kick?

Purgatory - October 2, 2024, 9:39 am

(Oct 2, 2024 09:37 AM)Fish Wrote: [\[CITE\]](#) Breaking bad habits isn't easy, but it's always rewarding. What's a habit you've managed to kick?

Drinking. I used to drink every day with my mom. She would get her Miller lite and I would get my Milwaukee's best ice and that is what we would do. It was a toxic environment; and I finally escaped it.

Fish - October 2, 2024, 10:07 am

(Oct 2, 2024 09:39 AM)Purgatory Wrote: [\[CITE\]](#) Drinking. I used to drink every day with my mom. She would get her Miller lite and I would get my Milwaukee's best ice and that is what we would do. It was a toxic environment; and I finally escaped it.

That's an awesome habit to break! I'm so happy for you!

That must have been really hard to go through

Purgatory - October 2, 2024, 10:08 am

(Oct 2, 2024 10:07 AM)Fish Wrote: [\[CITE\]](#) That's an awesome habit to break! I'm so happy for you!

That must have been really hard to go through

Yeah it was pretty tough, got through it though. Not gonna lie I crave sometimes I do.

Fish - October 2, 2024, 10:09 am

(Oct 2, 2024 10:08 AM)Purgatory Wrote: [\[CITE\]](#) Yeah it was pretty tough, got through it though. Not gonna lie I crave sometimes I do.

I can only imagine! But you just need to stay strong. You go this!

Purgatory - October 2, 2024, 10:10 am

(Oct 2, 2024 10:09 AM)Fish Wrote: [\[CITE\]](#) I can only imagine! But you just need to stay strong. You go this!

I appreciate that man! It can be hard

Fish - October 2, 2024, 10:11 am

(Oct 2, 2024 10:10 AM)Purgatory Wrote: [\[CITE\]](#) I appreciate that man! It can be hard

At least you are aware of it, you know you have so much support to get through it. That's the important part.

DemonAsylum - October 2, 2024, 10:12 am

I know it's not up there compared to some other bad habits, but I think we can all agree it is still a bad habit and if you knew how bad I was about it than you'd definitely agree haha. Drinking soda though. I used to be a fucking soda fiend when I was younger. I don't know what made me one day just realize that I gotta stop and preferably cold turkey, but I did and I've never looked back. I do occasionally have a soda if I'm eating out or if I get take out which mind you isn't often, but that's it. Casually buying them while getting groceries, at the gas station, etc, nope.

Purgatory - October 2, 2024, 10:14 am

(Oct 2, 2024 10:11 AM)Fish Wrote: [\[CITE\]](#) At least you are aware of it, you know you have so much support to get through it. Thats the important part.

Fair enough and I appreciate that reminder, it was certainly needed!

earacvent - October 2, 2024, 10:14 am

Smoking man, that shit felt good at the time, but took away years off of my life.

Purgatory - October 2, 2024, 10:15 am

(Oct 2, 2024 10:12 AM)DemonAsylum Wrote: [\[CITE\]](#) I know it's not up there compared to some other bad habits, but I think we can all agree it is still a bad habit and if you knew how bad I was about it than you'd definitely agree haha. Drinking soda though. I used to be a fucking soda fiend when I was younger. Idk what made me one day just realize that I gotta stop and preferably cold turkey, but I did and I've never looked back. I do occasionally have a soda if I'm eating out or if I get take out which mind you isn't often, but that's it. Casually buying them while getting groceries, at the gas station, etc, nope.

I am an avid soda drinker. Shit is in my blood man I know it is so unhealthy BUT IT IS SOOO GOOD

DemonAsylum - October 2, 2024, 10:16 am

(Oct 2, 2024 09:39 AM)Purgatory Wrote: [\[CITE\]](#) Drinking. I used to drink every day with my mom. She would get her Miller lite and I would get my Milwaukee's best ice and that is what we would do. It was a toxic environment; and I finally escaped it.

Props to you for getting away from that man. Shit isn't easy and it's sad because alongside the fact that it's a bitch to quit, it can so easily just take over your life and completely destroy you.

Purgatory - October 2, 2024, 10:21 am

(Oct 2, 2024 10:16 AM)DemonAsylum Wrote: [\[CITE\]](#) Props to you for getting away from that man. Shit isn't easy and it's sad because alongside the fact that it's a bitch to quit, it can so easily just take over your life and completely destroy you.

Yeah man, my mom gave me a lot worse shit. She offered me Methamphetamine a few times and I could have destroyed my life. It was crucial to my physical and mental health that I got out of there

SuseGD - October 2, 2024, 6:12 pm

Endlessly scrolling through shorts/reels on my phone. I stopped this habit a few months ago, and it has been really eye-opening for me. I can really see how much time I've wasted just doing absolutely nothing, when I could have been doing something productive instead.

Charlie Sheen - October 2, 2024, 6:29 pm

Energy drinks. It was insanely hard. I kept getting caffeine withdrawal headaches and the headaches would last for days. Finally one day it stopped and I've been able to stay away ever since. It's been about 18 - 19 months.

Deany - October 2, 2024, 6:51 pm

Stopped eating frozen food , that stuff sent me to the hospital. Food poisoning.

Fish - October 2, 2024, 7:26 pm

(Oct 2, 2024 06:12 PM)SuseGD Wrote: [\[CITE\]](#) Endlessly scrolling through shorts/reels on my phone. I stopped this habit a few months ago, and it has been really eye-opening for me. I can really see how much time I've wasted just doing absolutely nothing, when I could have been doing something productive instead.

How did you stop! I do the exact same thing and its an issue. I'm always open to hearing ways that worked for other people!

(Oct 2, 2024 06:29 PM)Charlie Sheen Wrote: [\[CITE\]](#) Energy drinks. It was insanely hard. I kept getting caffeine withdrawal headaches and the headaches would last for days. Finally one day it stopped and I've been able to stay away ever since. It's been about 18 - 19 months.

Energy drinks are addicting. They are so good but so bad for you and your health. I feel like there needs to be increased awareness and education to make people aware of the negative effects energy drinks have to help protect the youth.

(Oct 2, 2024 06:51 PM)Deany Wrote: [\[CITE\]](#) Stopped eating frozen food , that stuff sent me to the hospital. Food poisoning.

Really? I have frozen food sometimes. How did it send you to the hospital? Was it like a precooked meal and you warmed it up but the food was raw? Was the food contaminated with something?

Deany - October 2, 2024, 7:27 pm

(Oct 2, 2024 07:26 PM)Fish Wrote: [\[CITE\]](#) How did you stop! I do the exact same thing and its an issue. I'm always open to hearing ways that worked for other people!

Energy drinks are addicting. They are so good but so bad for you and your health. I feel like there needs to be increased awareness and education to make people aware of the negative effects energy drinks have to help protect the youth.

Really? I have frozen food sometimes. How did it send you to the hospital? Was it like a precooked meal and you warmed it up but the food was raw? Was the food contaminated with something?

Idk but I almost died eating that , it was the last thing I had before I went. Bad food poison

Charlie Sheen - October 2, 2024, 7:34 pm

(Oct 2, 2024 07:26 PM)Fish Wrote: [\[CITE\]](#) Energy drinks are addicting. They are so good but so bad for you and your health. I feel like there needs to be increased awareness and education to make people aware of the negative effects energy drinks have to help protect the youth.

Those caffeine withdrawals make it so hard to quit

Fish - October 2, 2024, 7:37 pm

(Oct 2, 2024 07:34 PM)Charlie Sheen Wrote: [\[CITE\]](#) Those caffeine withdrawals make it so hard to quit

Yup! Caffeine withdrawal is serious. Did you also drink coffee on the same day you would have an energy drink?

I saw a TikTok the other day where someone had a really bad headache and they were sick (with a cold/flu or something). Turns out that because they were sick, they weren't drinking their daily coffee, and because of that, were getting headaches... So many people overlook caffeine withdrawal

Charlie Sheen - October 2, 2024, 7:40 pm

(Oct 2, 2024 07:37 PM)Fish Wrote: [\[CITE\]](#) Yup! Caffeine withdrawal is serious. Did you also drink coffee on the same day you would have an energy drink?

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Nope just energy drinks. I usually would have between 300 and 500 mg of caffeine a day.

Confound - October 2, 2024, 8:16 pm

Playing too much pubg - was obsessed, so I got rid of my xbox and now I don't have an issue. This was probably around 6-8 months ago now though

Charlie Sheen - October 2, 2024, 9:19 pm

(Oct 2, 2024 08:16 PM)Confound Wrote: [\[CITE\]](#) Playing too much pubg - was obsessed, so I got rid of my xbox and now I don't have an issue. This was probably around 6-8 months ago now though
Damn extreme majors to go through to quit a game.

Syndicate - October 2, 2024, 9:20 pm

(Oct 2, 2024 09:37 AM)Fish Wrote: [\[CITE\]](#) Breaking bad habits isn't easy, but it's always rewarding. What's a habit you've managed to kick?

There's quite a few to be honest. My biggest one was quitting smoking cigarettes. I used to also drink a lot of pop. I've cut that down to not even 1 cup/can a day. ?

diablospartan - October 3, 2024, 4:14 am

Well i escape smoking but few days ago i smoke some cigarettes ,i hope i will not start again

Zalbai - October 3, 2024, 5:06 am

I have strong self-control. I couldn't say that I have any bad habits .

Mooooookie - October 3, 2024, 6:48 am

Smoking cigarettes. Ugh, it's one of the worst habits that I had.. and one of the longest habits that I had, and I was able to break is by chance. One of my friends bought a tobacco vape on accident, thinking it was a marijuana vape. When he realized it was a tobacco vape, he offered it to me.. that was the day my life changed.

I accepted the vape from him, and started using it the same day I got it. Within a month, I already started cutting back on my daily cigarettes and was consuming the vape more often.. after about a month, I quit cigarettes completely, and was only using the vape. Once I was completely off the cigarettes, I slowly reduced the amount of times I was hitting the vape each day.. and after about 3 or 4 months, I was able to get myself off the vape. I'm not 100% tobacco free.. and it feels great. Cigarettes were such a waste of money, they make your breath stink, and teeth yellow.

Fish - October 3, 2024, 11:36 am

(Oct 2, 2024 08:16 PM)Confound Wrote: [\[CITE\]](#) Playing too much pubg - was obsessed, so I got rid of my xbox and now I don't have an issue. This was probably around 6-8 months ago now though
I think that's a pretty good way to overcome that. If you sell the console, you cant play it anymore! It must have been hard to do initially, but the benefits are huge. For me personally, I stopped playing games once my life got busy, had to prioritize spending time with friends and family and making the most of life as opposed to staying at home talking to random people over a game.

(Oct 2, 2024 09:20 PM)Syndicate Wrote: [\[CITE\]](#) There's quite a few to be honest. My biggest one was quitting smoking cigarettes. I used to also drink a lot of pop. I've cut that down to not even 1 cup/can a day. ?

Thats good to hear! It's so hard to quit. It's hard to recognize that you need to quit, let alone quitting, and going through withdrawal. It's a journey for sure.

I also cut down pop a lot! I use to drink it none stop. I just realised that water is so much better for you (and cheaper) so I just have pop when I go out, but don't buy any to keep in the house anymore.

(Oct 3, 2024 04:14 AM)diablospartan Wrote: [\[CITE\]](#) Well i escape smoking but few days ago i smoke

some cigarettes ,i hope i will not start again

I hope you wont start again as well! Wishing you best of luck!

(Oct 3, 2024 05:06 AM)Zalbai Wrote: [\[CITE\]](#) I have strong self-control. I couldn't say that I have any bad habits .

Everyone has at least one bad habit!

(Oct 3, 2024 06:48 AM)Mooooookie Wrote: [\[CITE\]](#) Smoking cigarettes. Ugh, it's one of the worst habits that I had.. and one of the longest habits that I had, and I was able to break is by chance. One of my friends bought a tobacco vape on accident, thinking it was a marijuana vape. When he realized it was a tobacco vape, he offered it to me.. that was the day my life changed.

I accepted the vape from him, and started using it the same day I got it. Within a month, I already started cutting back on my daily cigarettes and was consuming the vape more often.. after about a month, I quit cigarettes completely, and was only using the vape. Once I was completely off the cigarettes, I slowly reduced the amount of times I was hitting the vape each day.. and after about 3 or 4 months, I was able to get myself off the vape. I'm not 100% tobacco free.. and it feels great. Cigarettes were such a waste of money, they make your breath stink, and teeth yellow. Thats a great story! Sometimes mistakes like that pay off and are really good. It seems like you probably had an "easier" time than others? Switching from cigarettes to a vape then weening off of that sounds like a great way to stop. Also - recognition is key! You are aware of it which plays a HUGE role.

Mementobroski - October 9, 2024, 5:02 am

I was a coffeeholic and I beat that thing who don't give you neither energy or benefits. It's all in your mind but I will have to beat smoking and drinking too at least get out of the addiction of smoking. For the drinks I came over the baddest times nearby the addiction when I understand that it's about environment

HOMODIN - October 9, 2024, 5:06 am

Smoking, used to smoke 1.5-2 packs every damn day. Back then a pack went for 3.20-4.20€ depending on what brand I felt like. These days the prices are more than double and I can't see myself wasting that much money daily on just smoking. There's nicer ways to pay for suicide and there's way faster ways to go.

Chrome - October 9, 2024, 5:41 am

I've cut back on Energy drinks myself. Focus on natural caffeine via Coffee

Jinu - October 9, 2024, 5:43 am

I used to procrastinate a lot, but I've managed to break that habit by setting small, manageable goals and sticking to a routine. It wasn't easy at first, but over time it helped me become more productive and less stressed. What's a habit you've worked on?

UltraexTrader - October 9, 2024, 6:12 am

I've cut weed a couple of months ago after a decade of smoking daily.

Yin Yang - October 9, 2024, 6:16 am

Chewing/biting my fingernails. Nasty habit that I had when I was a kid and into my early 20s.

Radi - October 9, 2024, 1:25 pm

Stopped buying pokemon cards which I had done for years. Yes I have earned some money from them but not as much as I invested now I'm slowly getting rid of them as we speak.

Fish - October 9, 2024, 7:29 pm

(Oct 9, 2024 05:02 AM)Mementobroski Wrote: [\[CITE\]](#) I was a coffeeholic and I beat that thing who don't give you neither energy or benefits. It's all in your mind but I will have to beat smoking and drinking too at least get out of the addiction of smoking. For the drinks I came over the baddest times nearby the addiction when I understand that it's about environmentup! Coffee is 10/10 but I grew out of it, unlike most people who become dependent on it. Do you agree that a huge part of it is your mindset?

(Oct 9, 2024 05:06 AM)HOMODIN Wrote: [\[CITE\]](#) Smoking, used to smoke 1.5-2 packs every damn day. Back then a pack went for 3.20-4.20€ depending on what brand I felt like. These days the prices are more than double and I can't see myself wasting that much money daily on just smoking. There's nicer ways to pay for suicide and there's way faster ways to go.

Yeah for sure! 2 packs a day is crazy in terms of money and health wise. It's crazy because yeah, you're pretty much paying to hurt your health. But at least you've come to the point where you realize the negative effects and are growing from it

(Oct 9, 2024 05:41 AM)Chromeproducts Wrote: [\[CITE\]](#) I've cut back on Energy drinks myself. Focus on natural caffeine via Coffeenergy drinks are the hot thing these days, but I feel like there needs to be increased awareness. Lots of people jump to them, but there's much better ways to get energy... would you agree with that?

(Oct 9, 2024 05:43 AM)Jinu Wrote: [\[CITE\]](#) I used to procrastinate a lot, but I've managed to break that habit by setting small, manageable goals and sticking to a routine. It wasn't easy at first, but over time it helped me become more productive and less stressed. What's a habit you've worked on?yes! I still procrastinate a lot (hence posting on HF right now) but I find setting small goals to be very helpful! One habit I've worked on is also procrastinating. I write down everything I need to do, break it up into the smallest parts possible, turn off my phone, and get that shit done. It's not easy, but when I'm working I can power through anything

(Oct 9, 2024 06:12 AM)UltraexTrader Wrote: [\[CITE\]](#) I've cut weed a couple of months ago after a decade of smoking daily.that's very impressive! What made you decide to quit?

(Oct 9, 2024 06:16 AM)Yin Yang Wrote: [\[CITE\]](#) Chewing/biting my fingernails. Nasty habit that I had when I was a kid and into my early 20s.ouch. Yeah. I still do this sometimes. I'm actively aware of it though which helps, but it's not foolproof. How did you break it? I tried to get little fidget toys to play with instead of biting my nails. It helps, but could be better

(Oct 9, 2024 01:25 PM)Radi Wrote: [\[CITE\]](#) Stopped buying pokemon cards which I had done for years. Yes I have earned some money from them but not as much as I invested now I'm slowly getting rid of them as we speak.

That's awesome. Lots of people buy things to resell and it's profitable at the start, but it's good that you realized that you weren't making as much as you thought you would which is why you're selling them now! I have a friend in a similar situation, but he refuses to see the same side as you. He still thinks he's making money... but the numbers don't like up

Kaleb - October 9, 2024, 8:05 pm

Alcohol and marijuana. Marijuana when I was 19. Alcohol earlier this year. I'm also much more productive in general and live a generally healthier lifestyle, rarely eat fast food, mostly cook for myself, go on daily walks, etc.

Radi - October 9, 2024, 8:58 pm

(Oct 9, 2024 07:29 PM)Fish Wrote: [\[CITE\]](#) That's awesome. Lots of people buy things to resell and it's profitable at the start, but it's good that you realized that you weren't making as much as you thought you would which is why you're selling them now! I have a friend in a similar situation, but he

refuses to see the same side as you. He still thinks he's making money... but the numbers don't like up

Honestly a lot of people are not able to see that it isn't profitable only a small margin of individuals do earn more than they invested but usually those same individuals are not buying at retail price rather merchant pricing which is significantly lower and there is a much bigger margin of profit to be made and are able to additionally selling singular cards. It's one of those things that people never think of and think that the next one is where they will earn such a large margin of profit that it will recoup them for prior losses which more than likely turn into another flop sadly.

codeine. - October 10, 2024, 1:00 am

i had a horrible drug addiction due to a crazy childhood my pops got me hooked on opiates/benzos at 8 which opened up the gates for me but i cold turkey a year ago with help of psychedelic therapy since after that i was prescribed 1,000mg of oxy a day from car crash from a drunk driver while i was parked so quitting 30-60 bars a day few pints of codeine and minimum 30-60 30's a day really helped me become a man and now i dont have any bad habits other than sleeping late. Of course I had to have many near death experiences to get past these, about 20+od i just got lucky i survived since my genetics are Hungarian i can handle lower oxygen levels and being near death really opens your eyes atleast for me. Now im a successful in cybersecurity taking over the family dispensary & lawfirm in a ivy league school. anything is possible guys <3

Mooooookie - October 10, 2024, 7:08 am

Biting my nails. I used to have a bad habit of always biting my nails.. and I can say today I no longer bite them. Nail clipper or nothing.

sharn - October 13, 2024, 1:04 am

Smoking was a daily habit, but I finally broke it by setting a quit date, sticking to it, and reminding myself of the long term benefits.

Keeping myself entertained with hobbies has also been really helpful.

Dredd - October 13, 2024, 1:53 am

Drinking I used to drink 4 to 6 cans of Stella a night after work used to help me sleep I've now cut down to 4 a week which I mainly have as a treat at weekends.

Koyote - October 13, 2024, 2:01 am

I've been biting my nails out of frustration, boredom and stress since childhood. Sometimes been able to stop for brief periods by keeping busy and finding stuff to keep my hands occupied, but since going to Thailand I've not messed with them for the longest period of my life. Something about Thailand gave me a feeling of peace and lightness that allowed me to stop. It may not last but it's a great feeling that's somewhat new to me.

sharn - October 13, 2024, 2:41 am

(Oct 9, 2024 01:25 PM)Radi Wrote: [\[CITE\]](#) Stopped buying pokemon cards which I had done for years. Yes I have earned some money from them but not as much as I invested now I'm slowly getting rid of them as we speak.

Letting go of something you have collected for years can be hard.

It is great that you have managed to make some money from selling them, even if it was not as much as you hoped.

bspacer - October 13, 2024, 7:29 am

So far I have quit smoking (24 years of it), heavy drinking (I am a light drinker now), drugs (never was a junkie just a party dude), foolin around with floozy whores, and also vaping.

Jake Johnson - October 19, 2024, 3:53 pm

I quit vaping. Haven't had any nicotine in any form in well over a year now. Feels great!