

Forum:[Hack Forums](#)

Thread: [Biggest time-waster habit](#)

sharn - October 26, 2025, 10:25 am

We all have habits that eat up hours without us even noticing.

I often scroll through YouTube recommendations endlessly. By the time I finish, I have wasted hours.

What time-wasting habit do you regret most?

Deany - October 26, 2025, 10:33 am

Oh ya doomscrolling very bad

Palestine - October 26, 2025, 11:20 am

(Oct 26, 2025 10:25 AM)sharn Wrote: [\[CITE\]](#) We all have habits that eat up hours without us even noticing.

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What time-wasting habit do you regret most?

Probably watching YouTube videos non stop lol

DramaKing - October 26, 2025, 1:03 pm

I doomscroll this site a bit too much.

Jinu - October 26, 2025, 1:27 pm

I usually go to YouTube to watch something important, but I end up on Shorts and waste my time.

kzldn5cu0r - October 26, 2025, 8:42 pm

Wandering around the rest area of this site.

The Pact - October 26, 2025, 10:06 pm

My problem is Reddit to be honest. I don't even count YouTube as a problem because mostly I'm listening to YouTube while doing things I need to get done so I don't even count all those hours as bad as I'm getting things done.

Miles Teller - October 26, 2025, 10:27 pm

doom scrolling on tiktok or insta for sure. And probably video games, theyre fun but I look at the hundreds of hours I have in games and wonder if I applied that to learning something instead how I'd be. Like instead of 1.5k hours in counter strike I learned a coding language or something ya know

Pimping - October 26, 2025, 11:50 pm

Browsing websites and youtube for me

DAL-SHA - October 27, 2025, 5:04 am

Do0oM Scrolling is the ultimate time waster .. Dear god , it consumes HOURS of our daily lives ..

FriedChicken666 - November 26, 2025, 8:14 pm

Yeah youtube is a baaaaad one

RangoWorld - November 26, 2025, 11:10 pm

Doom scrolling. That's the worst

RiveR29 - November 27, 2025, 12:49 am

After work just sitting in my car. Contemplating should I make myself into a improvised Christmas tree ornament.

PacketPilot - November 27, 2025, 1:07 am

[quote="sharn" pid='62860843' dateline='1761499504']

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[/quote]

Honestly, mine is doom-scrolling too. I open one video or post and suddenly an hour's gone. I always regret it after, but somehow I still do it.

The Pact - November 27, 2025, 3:54 am

Reddit, Reddit, Reddit!

fantomiuz - December 2, 2025, 1:30 am

Probably the same for everyone, the trap of social media nonsense

Jamika - December 2, 2025, 10:06 am

Watching porn and football matches , both drain ur health and are shitty

Terry A. Davis - December 2, 2025, 10:56 am

(Oct 26, 2025 10:06 PM)The Pact Wrote: [\[CITE\]](#) My problem is Reddit to be honest. I don't even count YouTube as a problem because mostly I'm listening to YouTube while doing things I need to get done so I don't even count all those hours as bad as I'm getting things done.

Interesting, I go on Reddit most days but stop maybe after like 30 posts, even programming and technology based subreddits seldom have good reads on them.

I miss Vsauce and his DONGs, that was a nice era of the internet, seemed every other tab was someone's thing to marvel at.

I think my one would be tism scratching research, I'll think of a thing, research every little bit of it like I'm on amphetamines, then just because I've researched it and pictured it in the minds eye I'll never get around to actively doing it.... Case in point building a curtain remote replacement from the broken PCB in my remote. The IC is fine and all that, just the research showed work, and dopamine can be tricked out of me through other means, so procrastination ensues.

Rahul007rhp - December 2, 2025, 11:00 am

Searching for that perfect category of xxx is really a bad time wasting habit of mine xD

Flariuu - December 2, 2025, 7:18 pm

Pretty common one but doomscrolling. I do it on YouTube shorts and Ig reels

xadamxk - December 2, 2025, 8:08 pm

League of Legends

macrotulips - December 3, 2025, 5:47 am

watching tiktok/yt videos... then g00nin'

sometimes chatting with ChatGPT or other AI chatbots discussing random things

hard to quit _

diablospartan - December 4, 2025, 8:46 am

The thing that i cannot focus all the time

i am either distrated by tiktok ,social media ,confort zone etc

Hackers - December 4, 2025, 8:51 am

I can think of a site that sucks up some time from my day

I like the site, and won't say it's 100% time wasting, but it definitely consumes a lot of time.

XtremeDiscount - December 4, 2025, 8:56 am

Doom scrolling without even seeing what other people wrote is the biggest time waster lol.

?inimalist - December 4, 2025, 8:58 am

Doom scrolling.

League of Legends.

2gunsrunnin - December 4, 2025, 6:50 pm

Forums tbh, and/or going deep down wikipedia rabbit holes on white collar crime lol

The Pact - December 5, 2025, 4:35 am

(Dec 2, 2025 11:56 AM)Depressed Wrote: [\[CITE\]](#) Interesting, I go on Reddit most days but stop maybe after like 30 posts, even programming and technology based subreddits seldom have good reads on them.

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I used to be like that with publishing just researching, researching, researching what sells.