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Thread: [Do you usually have music playing or prefer silence?](#)

Au Jus Demon - February 28, 2026, 11:06 am

I usually have music playing low in the background. I'm a big metalcore fan, so that's typically what I've got on while working or browsing.

Do you prefer having music on, or working in silence?

Jamika - February 28, 2026, 11:07 am

I play music or songs all the time while driving, otherwise i keep it silent

Au Jus Demon - February 28, 2026, 11:09 am

(Feb 28, 2026 12:07 PM)Jamika Wrote: [\[CITE\]](#) I play music or songs all the time while driving, otherwise i keep it silent

Driving is also my biggest listening time.

DAL-SHA - February 28, 2026, 11:11 am

Usually when I'm driving yes , I just enjoy cruising / driving alone with my fav playlist ! But at home when I'm cooking or cleaning my place I put some classical music on low volume just to break the silence .. When I'm working its complete silence since I think out loud and I work alone since I have my own office !

JoshAllen - February 28, 2026, 11:32 am

Easily silence. I get distracted with background noise.

R5N3T - February 28, 2026, 12:40 pm

(Feb 28, 2026 12:07 PM)Jamika Wrote: [\[CITE\]](#) I play music or songs all the time while driving, otherwise i keep it silent

I same with [Jamika](#) , I really enjoy listening to music while driving, it makes the ride way more enjoyable.

RangoWorld - February 28, 2026, 12:49 pm

I play music mainly for two reasons.

One is to enjoy it.

Two is to act as intervention to my overthinking or thinking process where I need to cut all background outside and inside head voices and just focus on the moment or task at hand.

?inimalist - February 28, 2026, 1:30 pm

My spotify playlists like playing from morning till sleep.

I can't without music playing in background.