

Forum:[Hack Forums](#)

Thread: [Crazy Habits That Honestly Everyone Does](#)

R5N3T - February 28, 2026, 5:59 pm

Admit it, you've probably done stuff like this too :

- Checked your phone for a sec, then suddenly 30 minutes have passed.
- Stockpiled snacks... only to eat them all before you even planned to.
- Put off showering because your bed is too comfy... and ended up panicking for being late.

What little habits of yours make life inefficient sometimes but you just can't give them up? I wanna hear the funniest ones !

RangoWorld - March 4, 2026, 12:41 am

Thanks for the reminder. This reminds me I have to go and get a shower!

R5N3T - March 4, 2026, 3:54 am

(Mar 4, 2026 01:41 AM)RangoWorld Wrote: [\[CITE\]](#) Thanks for the reminder. This reminds me I have to go and get a shower!

Lmao..

Deany - March 4, 2026, 4:01 am

Ima say pee in the shower. Everyone does this I feel lmao.

RiveR29 - March 4, 2026, 4:24 am

Ill just state that it is not my fault. Who the hell invented the snooze button :D

I have the bad habit of pressing the snooze button few too many times in the morning, and end up having to rush to work. Every damn morning.

Okay all jokes a side. Yeah I snooze way too much, I also go to sleep too damn late, so I just can blame myself over being in a rush to work every morning.

I am just lucky my employer does not care if i am 20min late, etc which I am sometimes. They just said that as long as I am at work before 0800am I am all good.

And even tho I am late very often I am never more than 10 minutes late because I need to get my coffee in the morning.

That being said I have a lot of other bad habits as well, such as, drinking (Not getting drunk but drinking), I eat if I remember, I smoke, I use snus. I play too damn much on the computer, but the worst is the fact that I am T1D (Type 1 Diabetic) and when I was a teenager I did not take that shit seriously. Which I know has impacted my wellbeing a lot. I got out of the habit of not taking care of it, but I neglected it for so long that I am 90% sure I won't see my 60's And that I will die most likely in my 50's or late 40's. But that fact has also made me appreciate every single day I have left, be it bad or good. And that is my main point, for why I always make it such a show when I go and write in the Daily Check-In thread. And that is also a reason why I usually sign off with the "Stay safe and stay curious"

Because I don't want to lose my interest in the things around me, I want to stay curious till the very end. And I hope all yall do the same.

Thanks for reading, have a blessed day.

And remember. Stay safe and stay curious.

Artisan - March 4, 2026, 5:41 am

I dont have many habits that make my life inefficient. Probably binge watching anime or a tvshow would fit the bill.

R5N3T - March 4, 2026, 7:30 am

(Mar 4, 2026 05:01 AM)Deany Wrote: [\[CITE\]](#) Ima say pee in the shower. Everyone does this I feel lmao.

Lol... it's true, everyone has done that at least once hahaha

(Mar 4, 2026 05:24 AM)RiveR29 Wrote: [\[CITE\]](#) Ill just state that it is not my fault. Who the hell invented the snooze button :D

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Because I don't want to lose my interest in the things around me, I want to stay curious till the very end. And I hope all yall do the same.

Thanks for reading, have a blessed day.

And remember. Stay safe and stay curious. Take care of yourself, stay strong, and keep staying safe

Ya bro..

(Mar 4, 2026 06:41 AM)Artisan Wrote: [\[CITE\]](#) I dont have many habits that make my life inefficient. Probably binge watching anime or a tvshow would fit the bill.

Yeah, watching on fast-forward because I can't wait for what happens next, and ending up finishing it all in one night hahaha

ozycmr - March 4, 2026, 11:10 am

(Mar 4, 2026 05:01 AM)Deany Wrote: [\[CITE\]](#) Ima say pee in the shower. Everyone does this I feel lmao.

not me ?

CrusadersX - March 5, 2026, 8:21 am

Sleeping with tv on. I use to sleep without any noise, but at this point I need something to be playing in the background

Jahad - March 5, 2026, 8:33 am

Doomscrolling shorts, and reels has me wasting an hour or two of my time everyday without even realizing.

Rahul007rhp - March 5, 2026, 9:41 am

I have a bad habbit of putting water at my hairs & making the wet whenever i wash my hands.

Also doomscrolling insta reels

R5N3T - March 5, 2026, 12:48 pm

(Mar 5, 2026 09:21 AM)CrusadersX Wrote: [\[CITE\]](#) Sleeping with tv on. I use to sleep without any noise, but at this point I need something to be playing in the background
So now you sleep with lullaby music playing ??

(Mar 5, 2026 09:33 AM)Jahad Wrote: [\[CITE\]](#) Doomscrolling shorts, and reels has me wasting an hour or two of my time everyday without even realizing.

Lol, you're right. It's like we're hypnotized into scrolling... I also do that a lot until I lose track of time

SoulZeh - March 5, 2026, 12:50 pm

(Mar 5, 2026 09:21 AM)CrusadersX Wrote: [\[CITE\]](#) Sleeping with tv on. I use to sleep without any noise, but at this point I need something to be playing in the background
This is me too, if it's not the TV it's my phone.

I bite my nails constantly, most of the times I don't even realise I'm doing it and if I feel like I'm about to get a nail off, I will stop what I'm doing till I do get it off.

R5N3T - March 5, 2026, 12:52 pm

(Mar 5, 2026 10:41 AM)Rahul007rhp Wrote: [\[CITE\]](#) I have a bad habbit of putting water at my hairs & making the wet whenever i wash my hands.

Also doomscrolling insta reels

Maybe your habit of wetting your hair every time you wash your hands actually keeps your hair looking neater, bro ??

(Mar 5, 2026 01:50 PM)SoulZeh Wrote: [\[CITE\]](#) This is me too, if it's not the TV it's my phone.

I bite my nails constantly, most of the times I don't even realise I'm doing it and if I feel like I'm about to get a nail off, I will stop what I'm doing till I do get it off.

Sometimes we do things like that without even realizing it. Habits can be hard to stop once they stick ?