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Thread: [What is one habit you are trying to break?](#)

sharn - October 23, 2026, 1:00 pm

I feel like we all have that one habit we know we need to stop, but actually letting it go is harder than it sounds.

It could be staying up too late, overexplaining yourself, ignoring your own needs, or worrying about things you cannot control.

I am trying to stop overthinking every little thing.

Sometimes I just need to relax and let things happen naturally.

Deany - October 23, 2026, 1:32 pm

Probably spending too much money on gunpla :)

Mix - October 23, 2026, 1:40 pm

Smoking. 2 years ago I moved to vaping and I am slowly kicking it. But it doesnt help when I have a bad day or other things that effect it.

Crystal Lord - October 23, 2026, 5:29 pm

One habbit that im trying to get rid of completely is also overthinking about everything that waves my inner peace and compulsive thoughts that are actively present regardless of what time and place it is, so that can cause many negative thoughts, feelings and mood which can be very frustrating and hard. ?

Pimping - October 23, 2026, 5:29 pm

I have a bad habit of doomscrolling.. pretty much do it everyday. also going down internet rabbit holes or researching random stuff... it might seem cool but hours pass and you didnt gain much since most of the time it is pointless info lol

_VOX - October 23, 2026, 5:59 pm

Hoping to give both smoking and drinking the boot before I'm 30. I've a few more years !

Charlie Sheen - October 23, 2026, 8:00 pm

Quite a few.

I would like to quit energy drinks, but I get caffeine withdrawals for weeks.

Quit being a night owl and become a morning person.

Spending so much money. f