

# Free Write: Choose Your Own: Bad Habits

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CHOOSE YOUR OWN: BAD Habits

One bad habit that I have is disgusting... I bite my nails. This only happens when I'm nervous. If I have to get up to talk to the class, get called on to do something when someone is teaching me something new... That's when I don't even notice that I'm biting my nails. It's like a normal thing. I've tried to stop several times and I did for months but then boom it comes back. But when I finally just searched it up: "How to stop biting your nails", I noticed that there are ways that help you actually stop. One that helped me is if I feel stressed out or nervous to put my hands away and just listen to music or write what's bothering me. That actually helped me and I've stopped. My terrible habit is finally gone. Yay