We all have bad habits that are ruining our lives…

These are 173+ habits Pavlok will help you break:

1. [Swearing](https://pavlok.com/blog/stop-cussing-tony-hernandez-stops-swearing/)
2. [Trichotillomania](https://pavlok.com/trichotillomania-stop-pulling-hair-good/)
3. Picking Your Nose
4. [Smoking Cigarettes](https://pavlok.com/blog/quit-smoking-with-pavlok/)
5. Biting Fingernails
6. Drinking Coffee
7. Drinking Tea
8. [Hair picking](https://pavlok.com/trichotillomania-stop-pulling-hair-good/)
9. Watching Reality Television
10. Eating Fast Food
11. Alcohol (if you think you may be an alcoholic, please get professional help)
12. Emotional Shopping
13. Spending On Credit Cards
14. Facebook
15. Twitter
16. Reddit
17. Eating Candy
18. Eating White Sugar
19. Eating Chocolate
20. Drinking Soda/Pop
21. Obsessively Checking iPhone/iPad
22. Eating Meat
23. Video Games
24. Cracking Your Knuckles
25. Speaking With Your Mouth Full
26. Talking To Yourself
27. Using Slang
28. Eating Dairy
29. Eating Gluten
30. Picking Your Teeth In Public
31. Forgetting To Shave
32. Going To The Club
33. Using Your Maiden Name
34. Humming To Yourself
35. Excessive Salt
36. All Work And No Play
37. Chewing Gum
38. [Smoking eCigarettes](https://pavlok.com/blog/quit-smoking-with-pavlok/)
39. Biting Your Pen
40. Nibbling While Cooking
41. Overspending
42. Overeating
43. Snacking
44. [Hair Picking](https://pavlok.com/trichotillomania-stop-pulling-hair-good/)
45. Skin Picking
46. Not Holding Eye Contact
47. Interrupting Someone
48. Sleeping-in
49. Skipping The Gym
50. [Smoking](https://pavlok.com/blog/quit-smoking-with-pavlok/)
51. Saying “Ummm” And “Ahhh”
52. Porn Watching
53. Staying Up Late
54. Sleeping With Makeup
55. Lying
56. Overmedicating
57. Playing Kingdom Rush
58. Eating Too Fast / Not Chewing
59. Skipping Breakfast
60. Not Protecting Yourself From The Sun
61. Not Moisturizing
62. Not Flossing
63. Not Brushing Your Teeth
64. Using Your Phone In Bed
65. Negative Self Talk / Self Criticism
66. Saying “Yes” To Everything
67. Day Dreaming
68. Procrastinating
69. Using Devices At Night
70. Spending Too Much Time Online
71. Breaking Promises To Yourself
72. Rambling
73. Checking Your Hair / Eyebrows / Makeup / Nails
74. Watching T.V Right After Work
75. Repeating Yourself
76. Forgetting What You’ve Told Someone
77. Forgetting Names Of People You Meet
78. Giving Away “Tells” In Poker
79. Falling Asleep In Class
80. Slouching At The Computer
81. Slouching While Walking
82. Masturbating
83. Eating Past 8 P.M
84. Letting Fear Stop You From Trying Something New
85. Telling Secrets
86. Talking In Class
87. Gaming In Class
88. Online Surfing In Class
89. Losing Focus
90. Sitting Too Close To The T.V
91. Eating Cookies Every Damn Day
92. Arranging Instead of Cleaning
93. Picking Fights
94. Being Unfriendly
95. Leaving Your Wallet / Keys In Random Places
96. Skipping Class
97. Skipping Work
98. Not Doing Your Homework
99. Drinking Energy Drinks
100. Pinching Pennies
101. Spitting
102. Horking
103. Licking Your Lips
104. Drinking From The Carton
105. Leaving The Fridge Open
106. Leaving The Heat On When You Go Out
107. Skipping Meals
108. YouTube
109. Not Showering
110. Yelling At Your BF/GF
111. Talking About Your Sister Behind Her Back
112. Picking Scabs
113. Popping Zits
114. Losing Your Temper
115. Complaining
116. Annoying People On Purpose
117. Being Overly Critical
118. Being Argumentative
119. Putting Dishes In Sink And Not Washing Them
120. Quora
121. Biting Your Lips
122. Scratching An Itch
123. Being An Attention Hog
124. Opening Countless Tabs
125. Buzz-friggin’-feed
126. Trolling Comments
127. Watching Seinfeld Reruns
128. Binge Watching Netflix
129. Emotional Eating
130. Fiddling With Your Hair
131. Poor Hygiene
132. Fiddling With Keys
133. Cheek Biting
134. Chewing On Your Hair
135. Shoplifting
136. m&m’s
137. Pocari Sweat From Japan (seriously, if you drink this for 2 or 3 days your body will crave it instead of water)
138. Hair Pulling
139. [Scratching / Itching](https://pavlok.com/trichotillomania-stop-pulling-hair-good/)
140. Biting Your Disgusting Toe Nails
141. Eating When You Are Bored
142. Hoarding
143. Being A Know-It-All
144. Bragging
145. Chewing Tobacco
146. Chewing With Mouth Open
147. Being Late
148. Eavesdropping
149. Exaggerating
150. Excessive Throat Clearing
151. Fidgeting
152. Flaking Out
153. Freeloading
154. Gambling
155. Grinding Your Teeth
156. Kissing & Telling
157. Littering (really, stop littering)
158. Monopolizing A Conversation
159. Name Dropping
160. One-Upping
161. Pencil Chewing
162. Popping Gum
163. Speeding
164. Talking During Movies
165. Tapping Fingers/Pens/Etc.
166. Thumb Sucking
167. Whining
168. Borrowing And Not Returning Items
169. Belching
170. Loitering
171. Bullying People
172. Copying
173. Gossiping
174. Finishing People’s Sentences
175. Leaving The Toilet Seat Up
176. Licking Your Fingers

P.S: Pavlok will never judge y