A

1. I usually watch movies or TV shows, browse internet, spend time with friends, read books.
2. Mostly I spend my free time in a non-productive way. Although I know about it, I haven’t succeeded yet. The bad thing is that I not only do not use time productively, but this is not a rest in the full sense, because such activities are not very different from working at the computer. I could spend this time sleeping, or doing physical activity, which would bring me more benefit. I would like to change my habits in such a way that I would spend my free time more actively or more productively.  My previous attempts were inconsistent, and over time everything returned to the original.

B

1. People are wasting their time because they are on automatic behavior, this is an unconscious habit. Since our brain works in a dichotomy, we associate laziness as opposed to work.
2. I think the article will recommend keeping a diary, for recording how much time is spent on all actions for 24 hours, and then analyze the result. After a person is horrified by the knowledge gained, heavy artillery will go. It is possible to replace unproductive activity with similar ones, but with benefits. You can limit the time spent on useless activities or in front of them to do something useful. Find people who will do the same. Rest effectively - with the change of activity. If we talk about more serious cases, you can try to find the reason why a person prefers to waste his time. For example, if he is engaged in a activity that is not interesting for him. A person is not inspired by what he lives, and he wants to be distracted.