

Character

BAD HABITS

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25 BAD PUBLIC BEHAVIORS

BEING LATE
CHECKING PHONE DURING CONVERSATION
CHEWING WITH MOUTH OPEN
CRACKING KNUCKLES
DRUNKENNESS
FIDGETING
FLOSSING TEETH
INVADING PERSONAL SPACE
JAYWALKING
LITTERING
LOUD TALKING
PDA (PUBLIC DISPLAY OF AFFECTION)
PICKING NOSE
POINTING AT PEOPLE
POPPING PIMPLES
ROLLING EYES
SLOVENLY
SNAPPING GUM
SNEEZING WITHOUT COVERING
STARING
SUCKING THUMB
SWEARING
TAPPING FINGERS (OR NAILS)
WEARING TOO MUCH FRAGRANCE
WHISPERING SECRETS

10 DRIVING BAD HABITS

ABRUPT LANE CHANGES
CURSING AT OTHER DRIVERS
DIRTY WINDSHIELD
DISTRACTED
DRUNK DRIVING
NO SEAT BELT
NOT SIGNALING
TAILGATING
TOO FAST
TOO SLOW

25 POOR HEALTH HABITS

BEING NEGATIVE
CHEWING TOBACCO
DIRTY FINGERNAILS
DISTRACTED DRIVING
EATING DISORDER
EATING JUNK FOOD
EATING LATE
EXCESSIVE ALCOHOL
FORGETTING MEDICATIONS
HANGNAIL PULLING
NEVER SLEEPING
NO SELF-CARE
NOT BATHING
NOT BRUSHING TEETH
NOT DRINKING WATER
OBSESSING OVER THE PAST
OVEREATING
POOR POSTURE
SELF-HARM LIKE CUTTING
SITTING TOO MUCH
SMOKING
USING NARCOTICS
VAPING
WEARING BAD SHOES
WORRYING



More Character

BAD HABITS

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20 NERVOUS HABITS (WITH NEGATIVE SOCIAL IMPACT)

BITING NAILS
BOUNCING KNEES
CHECKING TIME
CHEEK BITING (OR LIP)
CHEWING ON PENCILS
COVERING/HIDING MOUTH
FIDGETING WITH KEYS
FOOT TAPPING
GRINDING TEETH
HUMMING TO SELF
INTERRUPTING OTHERS
LAUGHING INAPPROPRIATELY
OVERTHINKING
PICKING SCABS
POOR EYE CONTACT
RAMBLING
TALKING TO SELF
TOUCHING FACE
TUGGING EARS
TWIRLING (OR SUCKING) ON HAIR



30 INTERPERSONAL PROBLEMS

ALWAYS AVOIDING CONFLICT
APOLOGIZING FOR EVERYTHING
ARGUING
ASSUMING
BELITTLING
BLAMING OTHERS
BRAGGING
BREAD CRUMBING
BULLYING
CHEATING
CUTTING OFF
EXPLOSIVE ANGER
GASLIGHTING
GOSSIPING
GRUDGES
IGNORING
IMPATIENCE
JUDGING OTHERS
LACK OF EMPATHY
LASHING OUT
LYING
MANIPULATION
NEEDING TO BE RIGHT
NO BOUNDARIES
NO FOLLOW-THROUGH
NOT LISTENING
NOT RESPECTING BOUNDARIES
NOT RESPONDING TO MESSAGES
SAYING YES TO EVERYTHING
SELF-PROMOTION
SELFISHNESS
STUBBORNNESS
TRIVIALIZING
UNFORGIVING
USING OTHER PEOPLE'S THINGS