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### Bad Habits Make Life Difficult

A habit is something that people do regularly. A habit can be either good or bad depending on the situation. Some habits are good which can be rewarding. Some habits are bad, which can lead to trouble. Bad habits are sometimes hard to recognize as well. They can be very difficult to get rid of especially if the person has been doing them for a while. My bad habits constantly get me into trouble.

My lack of sleep is causing me to be exhausted twenty-four hours a day seven days a week. First of all I procrastinate on my homework, causing me to do it last minute. Specifically, this Sunday when I got back to Ruston at eight at night, I thought that I could finish in thirty minutes, but after three hours I finally finished at eleven and couldn't get to sleep until twelve. I was so tired that I couldn't even think straight in class the next day. In addition to that, watching TV also keeps me from getting enough sleep. For example, last week I was just going to watch one episode of *Impractical Jokers* and then go to sleep, but after 6 episodes I finally went to bed. Going to sleep that late caused me to miss my morning class because I slept through my alarm. Finally, when I hang out with my friends I tend to go to bed late. For instance, a month ago I was the designated driver for my buddies who wanted to go to Shreveport to party, after going until early in the morning I finally dropped them off back home

and I made it home at three-thirty in the morning. This caused me to sleep instead of doing my homework. Unfortunately I don't get enough sleep, which causes me to be tired all the time.

Picking on my brother, causes us not to be as close as we could be. First off, I pick on my brother when we play sports. For example, senior year in high school I was starting on the football team and he wasn't. So I would constantly mess with him about that, constantly bringing it up throughout the whole practice. He would get so mad that he wouldn't talk to me the rest of the day. Next, I pick on him when I get bored. Specially this break, we were just laying around the house and he was playing games on his cell phone so I would throw pillows at him to mess him up. After he lost the game because of me he would get so angry that he would curse and go to his room. Finally, I pick on him when I'm with friends. For instance, this summer at the pool we were playing dodge ball, but everyone would always get him out first and then when he was out we would still hit him with the ball. He was so upset that he left the pool and went home. Always being a pest to my brother causes us not to be as close as we could be.

My lying causes me a lot of unwanted problems. First, I lie to my friends. For example, this week my friends wanted me to go out with them, but I didn't want to so I said that I was doing homework, but really I was watching *Coach Carter*. This causes me not to be as close to my friends because they sometime won't even invite me. In addition to lying to my friends, I also lie to myself. Specifically, last quarter I had a history quiz that I had to do online. I said that I would do it two days before so I wouldn't stress about it, but deep down inside I knew that when it got time to do it I would just find an excuse to do it the day before. This hurts my sleep because I'm always trying to finish homework last minute. Lastly, I lie when I'm in trouble. For instance, last year I punched a hole in the wall because my brother shaved a big line in the back of my hair. So when my mom asked what happened, I just told her that I slipped on the

hardwood while running to the kitchen and hit the wall. After she figured out that I punched the hole in the wall and didn't fall, she yelled at me and I lost my TV and my car and was forced to ride with my brother to school and anywhere else. Because I'm dishonest it sometimes gets me into troublesome situations.

My lack of sleep, picking on my brother, and lying are constantly getting me into sticky situations. My sleeping problem leads me to be exhausted all the time. Joking around with my brother tears us apart. My lying causes people not to trust me. My bad habits get me into trouble, which is why it's time to get rid of some of them.