

# **Addicted To Smartphone: How To Break 9 Bad Smartphone Habits By Can Akdeniz**

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Create habit chains and try not to break them. You can also log bad habits to visualize how you're doing with that whole smoking and nail biting thing.

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4. Your friends tried to make you do this game, but you freaked out and grabbed your phone even though you had to buy a round of drinks.

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indicating support for mobile phones as good and bad. and ultimately affect lifestyle habits such as sleeping Smartphone; TV addiction;

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then take note of these habits that are possibly ruining your life. it is crucial to give yourself a break. smartphone, life, phone habits, addiction

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The 2013 Mobile Consumer Habits study of users admit to using their smartphone whilst driving their cars. Our bad habits Can we actually take a break

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Old habits are hard to break and new habits are hard to form because the behavioural patterns we repeat are This process of habit formation can be

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it's time to ditch 'cell yell' and other annoying habits. Break Bad Smartphone Habits time to break free from your smartphone addiction and claim

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