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Bad habits

Jackie: For this week's podcastsinenglish.com we're talking about habits, bad habits. [Richard laughs] Now Richard, you have some bad habits.

Richard: Yes. I think my worst bad habit is biting my nails.

Jackie: When do you bite your nails?

Richard: I don't know. Suddenly, I realise I'm biting my nails and I can't stop.

Jackie: I know. It's when you're reading and when you're watching TV.

Richard: Mmm probably. I try to stop. I try to think that I shouldn't bite my nails but I just can't stop. What about you though, Jackie? You must have some bad habits.

Jackie: Yes, of course. I think my worst bad habit is I spend too long on the computer.

Richard: Mmm I think one of mine as well, yes.

Jackie: I work on the computer, so that's... that's okay, but it's like... but it's just before I go to bed I think I'm going to check my emails and then half an hour later, one hour later, I'm still on the computer. I'm not working and I really, really want to go to bed so it's a very bad habit.

Richard: You just can't stop yourself.

Jackie: No. Another one for you, Richard?

Richard: Yes. I think I eat too quickly.

Jackie: You do eat too quickly [laughs]

Richard: I always finish my meals way ahead of you. So I've finished and you're still eating.

Jackie: Yeah, you always finish before me.

Richard: It can't be healthy, I'm sure.

Jackie: No, I don't think... it's... it's not good for you, Richard.

Richard: I should slow down.

Jackie: Slow down [laughs].

Richard: And another one from you?

Jackie: I have to say that unfortunately I'm rather untidy. And I'm not very good at cleaning up after me like in the kitchen. for example. When I'm cooking, I don't do the washing up, and then I start to cook something else and the whole kitchen is in a complete mess.

Richard: Yes, well neither of us like doing the washing up, do we?

Jackie: No. But in general, I... I have to make a big effort to tidy my clothes away, tidy my books away...

Richard: ...Tidy the study.

Jackie: [laughs]It's a very bad habit. But, er,... well, we should try to change, Richard. What about you the listeners? What bad habits do you have?

Richard: We'd love to hear from you.