

22. Addictions & Bad Habits



Issue:

Sir, I am unable give up the bad habit that I have. I am not able to concentrate on my studies because of this. I have no idea how I got habituated to this. Though I want to give it up now, I am unable to do it. I have become a slave to this bad habit. What should I do?

Elucidation:

Children, You, your self are calling it a bad habit. It says that you know that it is wrong. I can convince those who are not aware of it, Even God can't convince those who pretend that they don't know. It is almost like blowing the conch for a deaf person.

I asked the students studying in a big convent school, "what are those addictions and bad habits that you have?" selling lies, bad friendship, smoking,

drinking alcohol, using a mobile phone too much or others?"

They said, "Uncle, now there are so many types of addictions and bad habits that we know"

They had mentioned drugs, dating, bike races, car races, playing cards, indecent behavior, thefts, and hoodlums. In that moment I realized that I am a man of older times. Today's children have a bigger range of bad habits to adapt. They are