

# HABIT

## PHRASES



**C1-C2**  
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 grammar for  
 C1 and C2 exams

### Acquire/develop/form a habit

to develop a habit through your daily life or experience.

- The strategy is helping children develop the habit of reading for fun.
- Teachers should encourage students to acquire the habit of reading.

### Be a creature of habit

someone who always wants to do the same things in the same way:

- I'm a creature of habit – I don't really like trying new foods.
- He's a creature of habit—he keeps to the places he knows.

### Be in the habit of doing something

If you are in the habit of doing something, you do it regularly or often.

- They were in the habit of giving two or three dinner parties a month.
- They were in the habit of going for long walks.

### (not) be in the habit of doing something

1) If you say that you are not in the habit of doing something, you mean that you do not do it or that you do not usually do it

- I'm not in the habit of making predictions, but I don't think there's much doubt about who will win this election.
- 2) used when you are annoyed, to say that you would not do something
- I'm not in the habit of lying to my friends.

### break the habit of doing something

to stop doing something that you do regularly, especially something that you should not do

- I'm trying to break the habit of spending all my time working.
- When you break the habit of smoking you decrease the risk of dying from smoking-related diseases.

### Fall into the habit of doing something

To develop the custom of doing sth without realizing it.

- I had fallen into my old bad habit of leaving everything until the last minute.
- We've fallen into the habit of getting up late on Saturday mornings.

### From Habit/Out of habit

To do something, often unconsciously because it is what you usually do.

- I used to work the early shift, and I still get up at 4 every morning from habit.
- I always buy the same brand of toothpaste out of habit.

### Get into the habit of doing something

If you get into the habit of doing something, you begin to do it regularly or often.

- I got into the habit of calling in on Gloria on my way home from work.
- George has got into the habit of going to bed late.

### Get out of the habit of doing something

to give up or stop a habit or a regular activity

- I must get out of the habit of finishing people's sentences for them.
- I got out of the habit of going to the pub.

### Have a habit of doing something

something annoying that someone often does:

- She has a habit of finishing off other people's sentences.
- He has a habit of being late.

### Make a habit of doing something

to begin to do something regularly, often without thinking about it:

- He made a habit of ignoring me whenever his friends were around.
- They have made a habit of criticizing each other whenever possible.

### Not make a habit of doing something

used to say that someone does not usually do something bad or wrong, or should not do it again

- I don't make a habit of calling on clients unannounced.
- You're ten minutes late. I hope you're not going to make a habit of this.

### Make it a habit to do something

to begin to do something regularly

- Make it a habit to learn English ten minutes each day. This is much better than learning for longer once a week.
- He had made it a habit long ago to rise with the sun every morning, and today was no exception.

### Pick up a habit

if you pick up a habit, you start to do something because you have spent a lot time with a particular group of people or in a particular place:

- It's said that British soldiers picked up the habit of drinking wine in France during the war.