

# What If You Could Just ‘Forget’ to Bite Your Nails?

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## *New York Magazine:*

A bad habit can feel so automatic that it can be hard to even realize you’re doing it, which makes quitting the behavior feel impossible. But what if you could just will yourself to “forget” to bite your nails, or crack your knuckles, or snack late at night?

That’s the gist of a new paper in *Psychological Science*, which was recently featured in the British Psychological Society’s Research Digest. The methodology is a little complicated, but, essentially, the German researchers instilled a habit into their participants, and then changed the rules of the game, requiring them to forget that newly learned behavior.

Read the whole story: [\*New York Magazine\*](#)