Six Steps to a Sensational Paragraph	
Catchy Beginner	"Quit leaving those disgusting clippings on the coffee table!" my wife yelled when she walked into the living room.
Topic Sentence TS	Chewing on my nails is the bad habit that I want to break.
Elaborating Detail	When I get in a nervous in any situation, the first thing I do is bite on those hard finger coverings.
Elaborating Detail	I purposely let them grow out, so that I have something to nibble on for those extra stressful moments.
ED	Most often, I gnaw them off like squirrel eats a nut while I'm pondering life while driving in my car.
Elaborating Detail	And don't tell my wife, but sometimes I leave them in little piles on our end table at home.
ED	When I forget to throw them out, boy do I get in trouble!
Concluding/ Closing Sentence	If there's one thing I wish I would quit doing, it's tearing of my finger-claws!