

ESCAPE THE EXPERIMENT

Not An Experiment

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PART 1: REASONS TO QUIT

Write down your top 3 reasons for quitting.

1st Reason to QUIT

cvcxv

2nd Reason to QUIT

cxvcxbv cxb

3rd Reason to QUIT

cxbbc xv vbcxczbb



NICOTINE WITHDRAWAL

Nicotine is in most vapes and your brain and body get used to it. When you stop, you may cause many uncomfortable symptoms during withdrawal.

PART 2: DEALING WITH

Sometimes the people you care about can be frustrating and discouraging.

help you to prepare a response

What will you say if your
(Empty)

YOUR QUIT DATE:
Tips for choosing a quit date
change your mind. Avoid st

Set a Date
(Empty)

PART 3: TRIGGERS
Triggers are the things that
to be aware of your triggers
cravings and other temptat

TRIGGER 1
(Empty)

Trigger 2
(Empty)

Trigger 3
(Empty)

PLAN 1
(Empty)

Plan 2
(Empty)

Plan 3
(Empty)

WITHDRAWAL SYMPTO

Here are some common with
restless, or anxious Feeling
concentrating Trouble sleep
bad. This is normal and will

DON'T QUIT QUITTING

Quitting can be hard and many
attempt gets you closer to c

PREPARE

Quitting vaping can be eas
why you want to quit

PART 4: SUPPORT

Who can you talk to and de
Model Listens Encouraging

Support Person 1

(Empty)

Support 2nd Person

(Empty)

Support Person 3

(Empty)

ASK FOR HELP

QUITTING CAN BE HARD

Friends, family, co-workers
distract you from using you

LET THEM KNOW HOW

For example, if you are feel

TELL YOUR FRIENDS!
TELL YOUR FRIENDS YOU
OTHERS WANT TO TRY

TIPS TO HELP YOU DEAL

TIPS TO QUIT:

Drink Water
Deep Breaths
Distract Yourself
Text/Talk to a Friend

TIPS TO QUIT:

Stay Busy
Get Active
Read a Book
Go For a Walk

TIPS TO QUIT:

Chew Gum
Climb Stairs
Doodle

PART 5: REWARD YOUR

Quitting an addiction is a B
a day, a weekend or an ent

What reward would encourage
(Empty)

Congratulations! You've

Hit SUBMIT to receive your
email will only be used to s
way. Keep your plan close
of encouragement.

