

# ESCAPE THE EXPERIMENT

## Not An Experiment

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### **PART 1: REASONS TO QUIT**

Write down your top 3 reasons for quitting.

**Text - fRnrDfajTe-15**

Quo in omnis suscipi

**Text - IVQLkjrDwv-17**

Quisquam cumque quos

**Text - LkDY4dlva4-19**

Sunt laboriosam sun

### **NICOTINE WITHDRAWAL**

Nicotine is in most vapes and it's very addictive. The more you vape, the more your brain and body get used to having nicotine, and the harder it is to stop. Quitting vaping may cause many uncomfortable feelings and strong urges to vape. This is nicotine withdrawal.

### **PART 2: DEALING WITH PEOPLE**

Sometimes the people you used to vape with may encourage you to keep vaping. This can be frustrating and discouraging. However, thinking about this ahead of time can help you to prepare a response and stick to your plan.

**What will you say if your friends ask you to vape with them?**

Quae voluptate dolor

### **Section Title**

Tips for choosing a quit date that's right for you: Don't wait too long. You might forget or change your mind. Avoid stressful days, like exam periods.

**Set a Date**

(Empty)

### **PART 3: TRIGGERS**

Triggers are the things that make you want to vape like people, places etc. It's important to be aware of your triggers so you can make a plan to deal with them. Avoid triggers, cravings and other temptations that make you want to vape.

#### **TRIGGER**

Quo temporibus tempo

#### **Text - vPa6kGao3Q-45**

Harum magna officiis

#### **Text - aQzLVm2KAX-43**

Ad voluptatem natus

#### **PLAN**

Ad laudantium omnis

#### **Text - K3xhB1vPn5-44**

Deserunt proident a

#### **Text - 0SyO7jUcWN-46**

Laudantium exercita

### **WITHDRAWAL SYMPTOMS**

Here are some common withdrawal symptoms you may experience: Feeling irritable, restless, or anxious  
Feeling sad, tired, or groggy  
Headaches  
Sweating  
Trouble concentrating  
Trouble sleeping  
Feeling hungry  
Strong urges to vape  
You may feel really bad. This is normal and will get better with time.

### **DON'T QUIT QUITTING**

Quitting can be hard and may take a few tries before you quit for good. Every quit attempt gets you closer to quitting for good.

### **PREPARE**

Quitting vaping can be easier when you: Have a plan  
Prepare in advance  
List reasons why you want to quit

### **PART 4: SUPPORT**

Who can you talk to and depend on for support? Qualities to Look For: Good Role Model  
Listens  
Encouraging  
Patient & Caring

#### **#1**

Ad fugiat sint vita

#### **#2**

Non aspernatur labor

#### **#3**

Ut est cupidatat max

### **ASK FOR HELP**

**QUITTING CAN BE HARD AND YOU DON'T HAVE TO GO THROUGH IT ALONE.**

Friends, family, co-workers and others can be there to listen, boost your mood, and distract you from using your vape.

**LET THEM KNOW HOW TO HELP**

For example, if you are feeling stressed, ask a friend to help keep you distracted.

TELL YOUR FRIENDS YOU'RE QUITTING AND YOU MIGHT BE SURPRISED THAT OTHERS WANT TO TRY TOO.

**TIPS TO HELP YOU DEAL WITH WITHDRAWAL, CRAVINGS AND TRIGGERS:**