

# ESCAPE THE EXPERIMENT

## Not An Experiment

### First Name

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### Last Name

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### PART 1: REASONS TO QUIT

Write down your top 3 reasons for quitting.

#### 1st Reason to QUIT

not healthy

#### 2nd Reason to QUIT

expensive

#### 3rd Reason to QUIT

smelly

### 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?

I'll ask them not to vape...

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### 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**

2022-12-07

### **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 1**

coffee

#### **Trigger 2**

smoking

#### **Trigger 3**

beer

#### **PLAN 1**

quit drinking coffee

#### **Plan 2**

quit smoking

#### **Plan 3**

quit beer

### **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

#### **Support Person 1**

santa klaus

### **Support 2nd Person**

easter bunny

### **Support Person 3**

my dog

### **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!**

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:**