

# ESCAPE THE EXPERIMENT

## Not An Experiment

### First Name

John

### Last Name

Warren

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### PART 1: REASONS TO QUIT VAPING

Write down your top 3 reasons for quitting.

#### 1st Reason to QUIT

not healthy

#### 2nd Reason to QUIT

costs a lot

#### 3rd Reason to QUIT

too expensive

### 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**

Sometimes the people you  
can be frustrating and disc  
help you to prepare a respo

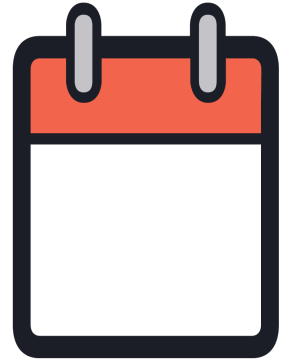
**What will you say if your**  
let's smoke a joint

**YOUR QUIT DATE:**

Tips for choosing a quit date  
change your mind. Avoid st

**Set a Date**

2022-12-23



**PAR**  
Trigg  
to be  
cravi

**TRIC**  
coffe

**Trigg**  
beer

**Trigg**  
food

**PLA**  
quit c

**Plan**  
quit b

**Plan**

stop

**WIT**

Here

restle

conc

really

**DON**

Quitt

attem

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Quitt

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