

ESCAPE THE EXPERIMENT

Not An Experiment

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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

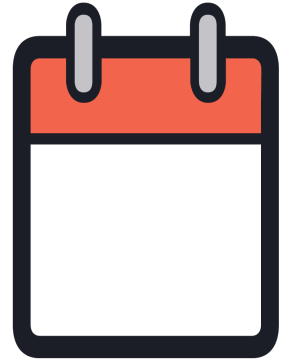
What will you say if your
let's smoke a joint

YOUR QUIT DATE:

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

Set a Date

2022-12-23



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