

ESCAPE THE EXPERIMENT

Not An Experiment

First Name

John

Last Name

Warren

Email

john@collingwoodwebdesign.com

PART 1: REASONS TO QUIT VAPING

Write down your top 3 reasons for quitting.

1st Reason to QUIT

gfhghgh

2nd Reason to QUIT

fhghgh

3rd Reason to QUIT

hjssad

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

sfgfgf gf f ggfdg jhkkll ffg

YOUR QUIT DATE:

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

Set a Date

2022-12-31



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