

# 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**

this is filler this is filler filler again this is filler this is filler filler again

#### **2nd Reason to QUIT**

this is filler this is filler filler again this is filler this is filler filler again

#### **3rd Reason to QUIT**

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### **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?**

Lorem Ipsum is simply dummy text of the printing and typesetting industry. Lorem Ipsum has been the industry's standard dummy text ever since the 1500s, when an unknown printer took a galley of type and scrambled it to make a type specimen book. It has survived not only five centuries, but also the leap into electronic typesetting, remaining essentially unchanged. It was popularised in the 1960s with the release of Letraset sheets containing Lorem Ipsum passages, and more recently with desktop publishing software like Aldus PageMaker including versions of Lorem Ipsum.

### **YOUR QUIT DATE:**

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**

2023-01-31



## **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**

something here

### **PLAN 1**

something here

### **Trigger 2**

something here

### **Plan 2**

something here

### **Plan 3** something here

**Trigger 3**  
something here

### **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**

this is filler this is filler filler again

### **Support 2nd Person**

this is filler this is filler filler again

### **Support Person 3**

this is filler this is filler filler again



## **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:**

### **TIPS TO QUIT:**

Drink Water

### **TIPS TO QUIT:**

Stay Busy

### **TIPS TO QUIT:**

Chew Gum

Get Active  
Read a Book  
Go For a Walk

Climb Stairs  
Doodle

Deep Breaths  
Distract Yourself  
Text/Talk to a Friend

### **PART 5: REWARD YOURSELF**

Quitting an addiction is a BIG deal. Reward yourself along the way even if you've quit for a day, a weekend or an entire week!

#### **What reward would encourage you to keep quitting vaping?**

this is filler this is filler filler again this is filler  
this is filler filler again this is filler this is filler  
filler again this is filler this is filler filler again  
this is filler this is filler filler again this is filler  
this is filler filler again



#### **Congratulations! You've made a quit plan!**

Hit SUBMIT to receive your downloadable quit plan emailed to you. Don't worry, your email will only be used to send your quit plan! It will not be collected or used in any other way. Keep your plan close by to remind yourself of your plans whenever you need a bit of encouragement.

