

# ESCAPE THE EXPERIMENT

## Not An Experiment

**First Name**

John

**Last Name**

Warren

**Email**

john@collingwoodwebdesign.com



### **PART 1: REASONS TO QUIT**

Write down your top 3 reasons for quitting.

**1st Reason to QUIT**

(Empty)

**2nd Reason to QUIT**

(Empty)

**3rd Reason to QUIT**

(Empty)

## **NICOTINE WITHDRAWAL**

Nicotine is in most vapes and it's very addictive. The more your brain and body get used to having nicotine, and the harder it may cause many uncomfortable feelings and strong urges to withdrawal.

## **PART 2: DEALING WITH PEOPLE**

Sometimes the people you used to vape with may encourage you. It can be frustrating and discouraging. However, thinking about how to help you to prepare a response and stick to your plan.

### **What will you say if your friends ask you to vape with them?**

(Empty)

## **YOUR QUIT DATE:**

Tips for choosing a quit date that's right for you: Don't wait too long to change your mind. Avoid stressful days, like exam periods.

### **Set a Date**

(Empty)

## **PART 3: TRIGGERS**

Triggers are the things that make you want to vape like people. It's important to be aware of your triggers so you can make a plan to deal with cravings and other temptations that make you want to vape.

### **TRIGGER 1**

(Empty)

### **Trigger 2**

(Empty)

### **Trigger 3**

(Empty)

**PLAN 1**  
(Empty)

**Plan 2**  
(Empty)

**Plan 3**  
(Empty)

### **WITHDRAWAL SYMPTOMS**

Here are some common withdrawal symptoms you may experience: Irritability, restless, or anxious Feeling sad, tired, or groggy Headaches Difficulty concentrating Trouble sleeping Feeling hungry Strong urges to vape that feel 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. Each attempt gets you closer to quitting for good.

### **PREPARE**

Quitting vaping can be easier when you: Have a plan Prepare for withdrawal by thinking about why you want to quit

### **PART 4: SUPPORT**

Who can you talk to and depend on for support? Qualities to look for in a support person: Model Listens Encouraging Patient & Caring

**Support Person 1**  
(Empty)

**Support 2nd Person**  
(Empty)

**Support Person 3**  
(Empty)

### **ASK FOR HELP**

**QUITTING CAN BE HARD AND YOU DON'T HAVE TO QUIT ALONE**  
Friends, family, co-workers and others can be there to listen

distract you from using your vape.

### **LET THEM KNOW HOW TO HELP**

For example, if you are feeling stressed, ask a friend to help

### **TELL YOUR FRIENDS!**

TELL YOUR FRIENDS YOU'RE QUITTING AND YOU MIGHT INSPIRE OTHERS WANT TO TRY TOO.

### **TIPS TO HELP YOU DEAL WITH WITHDRAWAL, CRAVING**

#### **TIPS TO QUIT:**

- Drink Water
- Deep Breaths
- Distract Yourself
- Text/Talk to a Friend

#### **TIPS TO QUIT:**

- Stay Busy
- Get Active
- Read a Book
- Go For a Walk

#### **TIPS TO QUIT:**

- Chew Gum
- Climb Stairs
- Doodle

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

Quitting an addiction is a BIG deal. Reward yourself along the way. Celebrate every day, a weekend or an entire week!

**What reward would encourage you to keep quitting vapes?**  
(Empty)

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

Hit SUBMIT to receive your downloadable quit plan emailed  
email will only be used to send your quit plan! It will not be co  
way. Keep your plan close by to remind yourself of your plan  
of encouragement.

