

# ESCAPE THE EXPERIMENT

## Not An Experiment

### First Name

John

### Last Name

Warren

### Email

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### PART 1: REASONS TO QUIT

Write down your top 3 reasons for quitting.

#### 1st Reason to QUIT

cvcxv

#### 2nd Reason to QUIT

cxvcxbv cxb

#### 3rd Reason to QUIT

cxbbc xv vbcxczbb



## **NICOTINE WITHDRAWAL**

Nicotine is in most vapes and your brain and body get used to it. When you stop using it, you may cause many uncomfortable symptoms during withdrawal.

## **PART 2: DEALING WITH**

Sometimes the people you care about can be frustrating and discouraging.

help you to prepare a response

**What will you say if your**  
(Empty)

**YOUR QUIT DATE:**  
Tips for choosing a quit date  
change your mind. Avoid st

**Set a Date**  
(Empty)

**PART 3: TRIGGERS**  
Triggers are the things that  
to be aware of your triggers  
cravings and other temptat

**TRIGGER 1**  
(Empty)

**Trigger 2**  
(Empty)

**Trigger 3**  
(Empty)

**PLAN 1**  
(Empty)

**Plan 2**  
(Empty)

**Plan 3**  
(Empty)

**WITHDRAWAL SYMPTO**

Here are some common wi  
restless, or anxious Feeling  
concentrating Trouble slee  
bad. This is normal and wil

### **DON'T QUIT QUITTING**

Quitting can be hard and m  
attempt gets you closer to c

### **PREPARE**

Quitting vaping can be eas  
why you want to quit

### **PART 4: SUPPORT**

Who can you talk to and de  
Model Listens Encouraging

#### **Support Person 1**

(Empty)

#### **Support 2nd Person**

(Empty)

#### **Support Person 3**

(Empty)

### **ASK FOR HELP**

### **QUITTING CAN BE HAR**

Friends, family, co-workers  
distract you from using you

### **LET THEM KNOW HOW**

For example, if you are feel

**TELL YOUR FRIENDS!**  
TELL YOUR FRIENDS YOU  
OTHERS WANT TO TRY

**TIPS TO HELP YOU DEAL**

**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 YOUR**

Quitting an addiction is a B  
a day, a weekend or an ent

**What reward would encourage**  
(Empty)

**Congratulations! You've**

Hit SUBMIT to receive your  
email will only be used to s  
way. Keep your plan close  
of encouragement.

