

ESCAPE THE EXPERIMENT

Not An Experiment

First Name

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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 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 boss asks you to quit?
(Empty)

YOUR QUIT DATE:
Tips for choosing a quit date that won't change your mind. Avoid stress.

Set a Date
(Empty)

PART 3: TRIGGERS
Triggers are the things that lead you to change your mind. To be aware of your triggers, you need to identify your triggers, cravings and other temptations.

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: Irritability, nervous, restless, or anxious Feeling sad or depressed Difficulty concentrating Trouble sleeping or sleeping too much or too little. This is normal and will go away.

DON'T QUIT QUITTING

Quitting can be hard and many people quit. Each attempt gets you closer to success.

PREPARE

Quitting vaping can be easier if you know why you want to quit.

PART 4: SUPPORT

Who can you talk to and depend on? Model Listens Encouraging

Support Person 1

(Empty)

Support 2nd Person

(Empty)

Support Person 3

(Empty)

ASK FOR HELP

QUITTING CAN BE HARD

Friends, family, co-workers can distract you from using your quit plan.

LET THEM KNOW HOW YOU FEEL

For example, if you are feeling sad or nervous,

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.

