

# ESCAPE THE EXPERIMENT

## Not An Experiment

### First Name

John

### Last Name

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### PART 1: REASONS TO QUIT VAPING

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 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?**

(Empty)

## **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**

(Empty)



## **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**

(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: 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**

(Empty)

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

(Empty)

#### **Support Person 3**

(Empty)



## **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  
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 even if you've quit for a day, a weekend or an entire week!

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

(Empty)



**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.