

# Your Quit-Vaping Action Plan



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**LIVEVAPEFREE**<sup>TM</sup>

# Your Quit-Vaping Action Plan

**This is your road map toward a vape-free life.** Use it to prepare and practice quit strategies. After you quit, keep it close to help you stay vape free.

## Set Your Quit Date

**Choosing a quit date can be very empowering.**

It gives you a goal to work toward.

**An ideal quit date is within two weeks of the day you decide to quit.**

This two-week period allows you to test and practice substitutions, distractions, and other strategies with less stress.

To choose a quit date, think of when, where, and why you vape. Choose a date that gives you enough time to practice handling urges and overcoming other potential challenges with quitting.

If you've already set a quit date, congratulations! If you haven't, do it now.

## Steps for Your Quit Date:

1. Choose a quit date: \_\_\_\_/\_\_\_\_/\_\_\_\_
2. Put your date in your phone calendar, write it down and put it somewhere in the open, and share it on social media.
3. Practice quit strategies in the days leading up to your quit date.
4. On your quit date, pat yourself on the back because you're awesome.  
It's time to quit.

# Manage Your Behavioral Urges

**Behavioral urges are caused by your routine, activities, moments in your day, and feelings you get from vaping.** To overcome these urges, you must understand your triggers, which are like an “on” switch that makes you want to vape.

Common triggers include stress and hanging out with friends and family. Unhelpful thoughts about ourselves, another person, or life can also trigger us to vape to deal with our feelings.

It may take practice and patience, but you must work to form new, positive habits and routines free of vaping. Two tools that may help are **substitutions** and **distractions**.

**Substitutions replace the mouth and hand actions of vaping.** They keep your mouth or your hands busy. Common substitutions for your mouth include **sugar-free gum, hard candy, and toothpicks**. Substitutions for hands include **doodling, sipping water, hobbies, squeezing a stress ball, and twirling a pen**. You may even find taking a deep breath helps.

**Distractions are things you do instead of vaping.** They help you avoid and get through cravings while allowing you to build new, healthy habits. Because we’re all so different, there aren’t any strict rules when it comes to distractions. Physical activity, hobbies, playing video games, socializing with friends and family, and reading and challenging your mind are great distractions to consider.

## Substitution Ideas:

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## Distraction Ideas:

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# Manage Your Physical Urges

Some people experience **temporary uncomfortable physical symptoms when they quit (e.g., headaches, irritability, anxiety, sweating, etc.)**. This normal yet annoying reaction is your body's response to the sudden absence of nicotine. This is your body telling you, "I need to vape now!"

**These physical symptoms can be most challenging in the first days and weeks following your quit date, as your body adjusts. But they do get better over time.** Some people can manage these urges with exercise, meditation, or by "surfing the urge" — and that's great. But many people need help — and that's okay, too. Connect with a quit coach if you need help managing physical urges.

## Build a Social Support Team

**It's better if you get help.** Your chances of success are higher if your friends, family, and peers can offer empathy, encouragement, and guidance.

As you build your support team, giving people specific tasks may be helpful. Your team members want to support you but may not always know the right thing to say or do, so **being clear about what you want (e.g., someone to listen, offer solutions, etc.) can help them and you.**

## Emotional Support Team Member

**Chances are, you'll need to vent.** Consider looking for someone who'll openly listen to your frustrations. Ideally, this person will encourage you to keep going and gently remind you why you're quitting in the first place — bonus points if you can find someone who's already quit smoking or vaping, because they'll understand what you're going through.

## Practical Support Team Member

Because quitting takes time and energy, **you may need an extra hand with practical things.** You might ask a friend or family member to help with **chores**. At school, you may need assistance with projects and your workload. And remember, if you ask for help, return the favor.

## Fun Friend

In certain instances, you might just need **a friendly distraction**. Ask a friend to take a walk, play video games, go for a run, or anything else that seems fun to take your mind off quitting.

## A Mentor

There may be times when you need facts, figures, and insights. If possible, **seek out a relative or friend who used to vape or smoke and has successfully quit**. They can empathize with you and share tips and tricks that helped them quit.

## Your Parents or Guardians

Depending on your relationship with your parents or guardians, this may be easier for some than others. If it makes sense for you, reach out to your parents and talk to them about why you want to quit, your goals, and your dreams. Let them know you may be struggling in the days and weeks ahead and may need their support, understanding, and compassion to succeed. Chances are, with your health at stake, what may seem like an awkward conversation will open the doors to more positive discussions and interactions.

When it comes to your support team, have realistic expectations. Be clear about your needs. Communicate with purpose. And never forget to thank them for their help.

## Support Team Ideas

### Emotional support team member

Name: \_\_\_\_\_

Contact Info: \_\_\_\_\_

### Practical support team member

Name: \_\_\_\_\_

Contact Info: \_\_\_\_\_

### Fun friend

Name: \_\_\_\_\_

Contact Info: \_\_\_\_\_

### Mentor

Name: \_\_\_\_\_

Contact Info: \_\_\_\_\_

## Vape Proof Your Environment

One way to help stop urges before they start is by **getting rid of your vapes, pods, juice, advertising, t-shirts, and paraphernalia**. At home and on social media throw away everything that reminds you of vaping. Often, people keep a “safety” vape just in case. DON'T do this. It rarely works.

Vape proofing can be challenging if you live with people who vape. If that's your situation, talk with family or friends, letting them know how important quitting is to you. Ask nicely for their respect as you vape proof your life. It may take negotiating, but, in the end, it will be worth the work.

### Vape-Proof Checklist:

Check off the places as you vape proof your environment.

- Bedroom
- Other rooms in your home
- Car
- Social Media Feed
- Other

**Congrats!**

on taking the steps needed to quit vaping for life. Remember these steps for quitting. Keep up the good work. And if you fall off track, forgive yourself and start again.