

# SESSION 4: SLIPS

A SLIP IS AN ISOLATED INCIDENT WHEN YOU CAVE TO CRAVINGS AND VAPE AFTER YOU HAVE QUIT. SLIPPING IS COMMON AMONG INDIVIDUALS WHO ARE QUITTING AND IS A NORMAL PART OF THE PROCESS. A SLIP IS NOT A FAILURE, BUT A LEARNING EXPERIENCE!

USE THIS WORKSHEET TO IDENTIFY ANY SLIPS YOU MAY HAVE EXPERIENCED OR PREPARE FOR SLIPS YOU MAY ENCOUNTER.

HAVE YOU EXPERIENCED A SLIP SO FAR?

YES

NO

IF YES, WHAT TRIGGERED IT? HOW CAN YOU PREPARE FOR THIS TRIGGER NEXT TIME?

EXAMPLE: I WAS STRESSED WHILE STUDYING FOR AN EXAM AND I TOOK A HIT. NEXT TIME I WILL STUDY AT THE LIBRARY, SO I CAN'T VAPE WHILE I STUDY.

IF NO, THINK OF A TRIGGER THAT COULD OCCUR IN THE FUTURE. HOW WILL YOU PREPARE FOR THIS?

EXAMPLE: I CAN SEE MYSELF GETTING TEMPTED AT A PARTY. I WILL ASK MY BEST FRIEND TO DISTRACT ME IF I LOOK LIKE I'M TEMPTED TO VAPE AND TO CHANGE THE SUBJECT WHEN SOMEONE OFFERS ME A HIT.