

# SESSION 11: CHANGES THAT COME WITH QUITTING

QUITTING CAN LEAD TO MANY POSITIVE PHYSICAL, SOCIAL, AND EMOTIONAL CHANGES. WHILE SOME CHANGES MAY FEEL OVERWHELMING, KEEP IN MIND THE LONG-TERM BENEFITS.

USE THIS WORKSHEET TO REFLECT ON CHANGES THAT HAVE OCCURRED OR YOU THINK WILL OCCUR FROM QUITTING.

**WHAT HAS BEEN THE MOST DIFFICULT CHANGE SINCE DECIDING TO QUIT?**

EX. TEMPTATION TO VAPE AROUND FRIENDS

**WHAT ARE SOME WAYS TO COPE WITH THIS CHANGE?**

EX. HAVING AN HONEST CONVERSATION WITH MY FRIENDS ABOUT MY DECISION TO QUIT

**MARK WHICH POSITIVE CHANGES YOU'VE EXPERIENCED (OR WANT TO EXPERIENCE) FROM QUITTING:**

BREATHING IS EASIER

NOT LYING ABOUT VAPING

SAVING MONEY

LESS ANXIETY

LESS THOUGHTS ABOUT VAPING

ADD YOUR OWN IDEAS HERE:

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