

## SESSION 12: PLANNING FOR A LONG TERM YOU

**CONGRATULATIONS! YOU HAVE FINISHED THE QUITVAPING PROGRAM. HERE IS AN OVERVIEW OF THE MAIN TAKEAWAYS:**

- 1. IDENTIFYING YOUR PERSONAL REASONS TO QUIT VAPING AND CONCERNS IF YOU DO NOT QUIT VAPING CAN HELP YOU STAY MOTIVATED.**
- 2. PERSONAL TRIGGERS CAN BE AVOIDED WITH STRATEGIES, SUCH AS USING THE 4 DS.**
- 3. NICOTINE IS AN ADDICTIVE CHEMICAL THAT CHANGES YOUR BRAIN CHEMISTRY.**
- 4. SLIPS ARE NORMAL AND A LEARNING EXPERIENCE.**
- 5. LEARNING HOW TO SAY NO WHEN SOMEONE OFFERS YOU A HIT IS VITAL TO AVOIDING SLIPS.**
- 6. BIG VAPE DOESN'T CARE ABOUT YOU.**
- 7. QUITTING IS HARD, BUT IT GETS EASIER THE LONGER YOU'RE VAPE-FREE.**
- 8. VAPING IS A STRESSOR ITSELF.**
- 9. THERE ARE TANGIBLE (MONETARY) AND INTANGIBLE (PHYSICAL HEALTH) REWARDS THAT COME WITH QUITTING.**
- 10. THESE STRATEGIES CAN BE USED AFTER THE STUDY TO HELP YOU REMAIN VAPE-FREE.**