

SESSION 5: REFUSAL SKILLS

DURING YOUR QUIT, THERE MAY BE TIMES WHEN YOU FEEL PRESSURED OR TEMPTED TO VAPE. EX-VAPERS COMMONLY FEEL PRESSURED IN SOCIAL EVENTS, AT SCHOOL, OR AT A FRIEND'S HOUSE. IT IS IMPORTANT TO WORK ON YOUR REFUSAL SKILLS TO GET THROUGH THESE SITUATIONS.

REMEMBER TO USE THE REFUSE METHOD:

R EMIND THEM THAT YOU'VE QUIT
E XPLAIN OR MAKE AN EXCUSE
F IND ANOTHER FOCUS
U SE A FRIEND
S EPARATE YOURSELF FROM THE SITUATION
E MPOWER YOURSELF

IMAGINE YOUR FRIEND IS ASKING YOU TO VAPE. HOW WOULD YOU RESPOND?

"HEY DO YOU WANT A HIT OF MY VAPE?"

EXAMPLE [REMINDE]:

"NAH, I'M TRYING NOT TO VAPE."



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"COME ON, ONE HIT WON'T MAKE A DIFFERENCE"

EXAMPLE [EXPLAIN]:

"MY THROAT'S BEEN HURTING AND I DON'T WANT TO MAKE IT WORSE"



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