

SESSION 2: TRIGGERS

TRIGGERS ARE SITUATIONS, EMOTIONS, PHYSICAL SENSATIONS (LIKE FEELING TIRED), THOUGHTS, OR PEOPLE THAT MAKE YOU WANT TO VAPE.

BELOW ARE COMMON TRIGGERS. PLACE A CHECK NEXT TO THE TRIGGERS THAT MAKE YOU WANT TO VAPE.

- STRESS
- FEELING SAD
- BOREDOM
- DRIVING
- COFFEE
- FEELING ANXIOUS
- GOING TO A PARTY
- ALCOHOL
- GOING OUT WITH FRIENDS
- SEEING SOMEONE VAPE
- I'M OFFERED A HIT
- STUDYING / WORKING

WHAT DO YOU ANTICIPATE WILL BE YOUR BIGGEST TRIGGER IN THE COMING WEEK? HOW WILL YOU OVERCOME IT?

EXAMPLE: MY BIGGEST TRIGGER WILL BE WANTING TO VAPE WHEN I'M DRIVING, SO I'LL AVOID THE SITUATION BY THROWING MY VAPE AWAY OR LEAVING IT AT HOME.

OTHER PERSONAL TRIGGERS:

WHEN I HAVE CRAVINGS, I'LL USE THE 4DS:

DELAY (WAIT 10MIN BEFORE YOU PICK UP YOUR VAPE. YOUR CRAVING WILL PASS.)

DRINK WATER

DEEP BREATHE

DISTRACT (DO SOMETHING ELSE TO TAKE YOUR MIND OFF YOUR CRAVING!)

MY QUIT DAY CHECKLIST

CONGRATULATIONS ON QUITTING OR TAKING THE NEXT STEPS
TOWARDS BEING VAPE-FREE.

USE THIS CHECKLIST TO MAKE SURE THAT YOU'VE SET
YOURSELF UP FOR THE BEST CHANCE OF QUITTING!

TO PREPARE FOR MY QUIT DAY, I WILL...

★ THROW AWAY VAPE OR GIVE IT TO A FRIEND

★ TELL MY SUPPORT PERSON I'M QUITTING
AND ASK THEM FOR HELP AND SUPPORT

EX. PARENT, SIBLING, FRIEND, COACH, ETC

★ MAKE A PLAN FOR HOW I WILL OVERCOME
MY TRIGGERS.

EX. BEING AROUND OTHERS WHO ARE VAPING,
BEING STRESSED AT SCHOOL OR WORK, ETC.

USE THE 4 DS (DELAY, DRINK WATER, DEEP
BREATH, DISTRACT)

★ IDENTIFY THE REASONS WHY I AM QUITTING
VAPING FOR GOOD.

EX. SAVING MONEY, HEALTHIER LIFESTYLE, WON'T
HAVE TO LIE TO FAMILY, ETC.

TOP 3 REASONS FOR QUITTING

EXAMPLE: I'M TIRED OF LYING TO MY FAMILY AND HIDING THAT I'M ADDICTED TO VAPING.

1.

2.

3.



MY GO-TO
PERSON