

SESSION 1: DECISIONAL BALANCE



	POSITIVES	NEGATIVES
CONTINUING TO VAPE	<p>EXAMPLE:</p> <ul style="list-style-type: none">- IT HELPS ME FOCUS- RELIEVES STRESS 	<p>EXAMPLE:</p> <ul style="list-style-type: none">- EXPENSIVE- HEADACHES FROM VAPING
QUITTING VAPING	<p>EXAMPLE:</p> <ul style="list-style-type: none">- I'LL SAVE MONEY- HAPPIER WITHOUT VAPE 	<p>EXAMPLE:</p> <ul style="list-style-type: none">- WHAT IF I CAN'T QUIT?- CRAVINGS, IRRITABILITY

COMMON REASONS FOR VAPING

- I ENJOY THE FLAVOR
- BOREDOM/STRESS RELIEVER
- IT'S A SOCIAL ACTIVITY
- HELPS ME FOCUS WHEN I'M WORKING

COMMON REASONS FOR QUITTING

- VAPING MAKES ME ANXIOUS
- I'M STRESSED WITHOUT MY VAPE
- THE HABIT IS EXPENSIVE
- I'M WORRIED ABOUT MY HEALTH