

Instructions: Preparation for Quitting

1. Postpone vaping:

Several times per day, when you feel a compelling urge to vape, start a timer or stopwatch (with no alarm sound) and wait at least 5 minutes before vaping. Do something else during that 5 minutes (meditate, distract yourself, call someone, read something, do pushups and situps, wash dishes, check email, play with your pet, etc). Do not hold your vaping device during the postponement, because it will lessen your ability to distract and refocus yourself elsewhere. When possible, postpone vaping longer than 5 minutes and push the timeframe beyond where it starts to feel challenging. *The purpose of this practice is to help you get accustomed to tolerating and waiting out urges.*

2. Vape Differently starting 3 days before your quit date

On the 3 days leading up to your quit date, vape differently in every way:

- ✓ If possible, buy a flavor/brand you don't normally vape
- ✓ Use a different device from your preferred one if possible
- ✓ Hold the device in the opposite hand to what's normal for you
- ✓ Hold the device with different fingers so it feels awkward
- ✓ Vape from a different side of your mouth than usual (i.e., center vs left vs right)
- ✓ Store your device somewhere different than usual when you're out or not using it
- ✓ Vape in different places than your usual (ideally, less convenient/less comfortable places, like outdoors on a cold night, or sitting in a less comfortable chair). Note: If you vape all day long wherever you are, then make yourself interrupt what you're doing and stand up or move somewhere else every time you hit the device.

The purpose of these behaviors is to move vaping behaviors more fully into consciousness, as the unconscious is where habits are maintained. These changes also increase awareness and experience of addiction, while decreasing the element of pleasure.

3. Tell one or more people about your quit date

Building accountability and support is critical! Tell at least one person in your life what your quit date is. Ask for their support and let them know how they can help. DO NOT let a fear of failure hold you back... **believe in yourself** and commit to doing whatever it takes to quit.

4. Prepare your environments the day before your quit date

The day or evening before your quit date, clear your car, home, and work environments of ALL vaping-related items. This includes expensive devices: either dispose of them, or gift them to a friend, as you no longer need them, regardless of what you may have paid for them. Do not keep anything "in case of a withdrawal emergency" - there's no such thing.

Consider doing this in a "ceremonial" kind of way. Invite a friend or loved one to join you in person or by video to witness this important turning point in your life. Send yourself the message, "This is a very positive change, I'm ready, and I commit fully myself!"