The Breathing Room

Quit vaping: a plan for the next craving

Start with curiosity about your pattern. A useful plan includes your reason, replacement actions, and people who can support you.

1

Understand your pattern

Notice when you reach for the vape: waking, stress, boredom, after meals, or social settings. Record what you hoped vaping would do.

2

Choose your reason and plan

Write: I want ___ to be easier. Choose a quit date with support, plan safe disposal of supplies, and tell someone who can help.

3

Pause. Delay. Replace.

Put the device down. Delay briefly while sipping water, using sugar-free gum, occupying your hands, or taking a short safe walk.

4

Reach out and adjust

Tell a clinician what you use, how often, nicotine strength, other substances, and previous attempts. A lapse is information for adjusting your plan, not a reason to give up.

TRY IT IN REAL LIFE

Boredom leads to reaching for the vape. Keep a small alternative nearby, such as gum or a hand activity. Put the device away, use your replacement, and message a support person if the urge stays strong.

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Your practice page / Write, speak, or reflect privately

Know what you are noticing

Vape aerosol is not harmless water vapor. Nicotine can maintain dependence; withdrawal can affect mood, sleep, and concentration. If anxiety is a trigger, feel your feet and breathe comfortably. Talk with a clinician about treatment options. Support: Smokefree.gov or 1-800-QUIT-NOW.

01 My reason and planned quit date

02 My most common trigger

03 What I hope vaping will do / another way to meet that need

04 My replacement action and support contact

05 My clinician questions / how I will adjust after a lapse

One thing I learned / One adjustment I will try

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Keep-close cards / Support, sources, and a next step

NOTICE

What triggered this urge? What do I need?

REPLACE

Put it down. Delay briefly. Try your planned alternative.

CONNECT

Ask for support. Smokefree.gov / 1-800-QUIT-NOW.

CARE

Pain or breathing symptoms need assessment, not a breathing exercise.

CARE & SAFETY

Chest pain, persistent cough, or breathing symptoms need medical assessment. Call 911 for severe chest pain, severe breathing trouble, fainting, or collapse. Do not treat these as ordinary withdrawal or anxiety. Breathing exercises are not treatment for breathing difficulty. Keep nicotine liquids away from children and pets. Do not return to cigarettes to stop vaping.

SOURCES & SCOPE

CDC: Health Effects of Vaping and Vaping and Quitting (cdc.gov/tobacco/e-cigarettes); National Cancer Institute: Smokefree.gov vaping and nicotine withdrawal resources.

Original educational guide. Not therapy, a diagnosis, a detox plan, or a substitute for individualized care. Adapt practice with a qualified clinician. Reviewed for this collection: November 2026.