

Vaping Trigger Checklist

Triggers are what kick off a routine, or cues that make you want to vape. Triggers are followed by a routine, which are followed by a reward. In the case of vaping, the reward is generally the nicotine rush that comes from the routine of vaping.

To change a habit, it's essential to first identify the triggers that put that habit into gear. Vaping triggers can include things like:



Stress, loneliness, boredom or other emotions



Seeing or hanging out with people who vape



Taking breaks during which you would normally vape

Once you identify triggers, you can come up with strategic ways to deal with them. Like journaling about your emotions or planning other activities during your normal vaping breaks.

List the triggers that make you want to vape, and then write down an alternative to vaping you can use to deal with that trigger. Include any helpful notes with each entry.

Trigger	Vaping Alternative	Notes

Keep this list handy so you can add to it and refer back to it as needed along your journey to becoming vape-free.