A PAUSE, A PRACTICE, A NEXT STEP

Nicotine & Vaping

Make a plan for a cigarette or vape craving.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Change one routine

Keep water or sugar-free gum nearby. After a meal, stand up and take a short walk, or text someone who knows you are trying to quit.

01 / Notice and reflect

When am I most likely to smoke or vape?

02 / Notice and reflect

What could I do with my hands instead?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Reach out if cravings keep getting in the way or you would like help with a quit attempt. You can ask for support again even if an earlier attempt did not go as planned.

Read more: Smokefree Teen · Build a quit plan for smoking or vaping

More tools and immediate support: Our Healing Room / Crisis Support.

U.S. crisis support: call or text 988. In immediate danger, call 911.