Your First 30 Days Vape-Free

A practical field guide to cravings, triggers and the hard first month — plus where to get free help.

HONEST LITTLE APPS · FREE GUIDE

Pick your quit date and your reasons

Choose a date within the next two weeks — close enough to keep momentum, far enough to prepare.

Write down three reasons that are yours, not a poster's. Money, breath, mornings without a cough, a kid who asked you to stop. You'll read these when a craving hits, so make them specific.

Tell one person. Quitting is easier when someone else knows the date.

My quit date: _____ · My reasons: 1. _____ 2. _____ 3. _____

Get free support lined up

You don't have to do this alone, and the best help is free.

Ask a doctor or pharmacist whether nicotine replacement (patches, gum, lozenges) makes sense for you. Used properly, it can take the edge off the first weeks.

- U.S.: call 1-800-QUIT-NOW for your state quitline
- Young people in the U.S.: text DITCHVAPE to 88709 (Truth Initiative's This is Quitting)
- Canada: call 1-866-366-3667

Know your triggers

Most cravings follow a pattern: the same times, places, feelings and people. Find yours before quit day.

For three days before you quit, note every time you vape: what time, where, what you were feeling. You will probably see the same three or four triggers again and again.

- Common triggers: waking up, coffee, after meals, driving, stress, boredom, alcohol, being around friends who vape

What a craving actually is

A craving feels like it will last forever. It won't. For many people the peak passes within a few minutes, especially if you change what you're doing.

Treat each craving as a wave you watch rather than a command you obey. Notice where you feel it, rate it from 1 to 10, breathe slowly, and rate it again a minute later.

Every craving you ride out teaches your brain that it can be ridden out.

Your craving toolkit

Have three things ready before quit day, and practise them once while you're calm.

- Breathe: in for 4, hold for 4, out for 4, hold for 4 — repeat for two minutes
- Move: walk around the block, climb stairs, do 20 squats
- Distract: a quick puzzle, a text to a friend, a cold glass of water
- Delay: tell yourself 'not for ten minutes' and set a timer

Week by week

Week 1 is usually the hardest. Sleep may be off, you may feel irritable or foggy. Plan easy days and avoid your biggest triggers where you can.

Weeks 2–3: cravings usually get less frequent but can still surprise you. Stay alert at parties, after drinking and on stressful days.

Week 4: you are building a new identity — someone who doesn't vape. Notice what's better: money, breathing, mornings.

If you slip

A slip is not a failure and it doesn't reset everything. What matters is the next decision.

Write down what happened — time, place, feeling — and add a plan for that trigger. Then get rid of anything you bought and carry on with your quit.

> If I slip, I will: 1. Throw away what's left 2. Note the trigger 3. Call or text _____

Want this on your phone?

CraveBreaker puts a 90-second reset, a craving timer and your own reasons one tap away. Every craving tool is free.

Scan to open CraveBreaker on the App Store · honestlittleapps.github.io/learn/ebooks

Free to share unchanged (CC BY 4.0). Not medical advice. Talk to a doctor or pharmacist about nicotine replacement and other support.