



# IF YOU VAPE

A GUIDE TO  
QUITTING SMOKING

BOOKLET 8



## LIFE WITHOUT CIGARETTES

*This is Booklet 8 in the **If You Vape** series. This booklet covers life without cigarettes and how to keep it that way! It also reviews some of the key points from the past booklets.*

*Quitting smoking is the most important thing you can do for your health. You should be very proud of yourself for making the decision to quit. Maybe you've started to think about stopping your e-cigarette use too.*

*As you continue your goal to live a smoke-free life, there are a few things to remember. Although your odds for remaining smoke-free add up as each day passes after you quit, relapse can still occur if you are not careful.*

*We hope that this information will help to prevent relapse and keep you living a healthy smoke-free life. But first of all, we want to congratulate you! By now, we hope you see how good life without cigarettes can be for you and for those around you.*

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## Urges

If you have not smoked for a while, you are in what is called the “maintenance stage” of quitting. By this time, you may find that you rarely think about smoking. Maybe you’ve also thought about quitting your e-cigarette. The thought of ever smoking again may even make you sick. On the other hand, you may still have some cravings or thoughts of smoking.

If you do have an urge to smoke, there are some things you can do. As we learned in Booklet 2, *Smoking Urges*, people with urges who use coping skills are much less likely to go back to smoking than people who do not use coping skills.

### Review

There are two types of coping skills you can use when you have an urge to smoke: **behavioral** and **mental**. You can also use these same skills as you cut back your e-cigarette use.

**Behavioral coping skills** are things that you can **do** to reduce the urge to smoke. These include leaving the situation, taking a deep breath, or reading a book.

**Mental coping skills** are things that you can **tell** yourself to reduce the urge to smoke. These include, “I feel better,” or “smoking is not an option.”

**Thinking ahead** about situations that may cause urges is an important part of preparing for them. If you have not smoked in a while, you have probably broken the links you had between smoking and your daily activities. They should no longer trigger urges to smoke. If you are trying to cut back on your vaping, you may also experience urges. Use the steps listed in Booklet 2 to help deal with these cravings.

Some events may still give you an urge to smoke, so be careful with these. If you get an urge, tell yourself that the event is causing the urge. Each time you have that event without smoking, you greatly reduce the chance of having an urge in the future.

**Some positive events linked with smoking might be:**



Vacations



Weddings



Holidays or family parties

**Stressful events are also risk factors for relapse after quitting. Very stressful events might include:**



Even though smoking may seem minor compared to the stress or sadness you are feeling at the time, you will be glad later if you do not smoke. Do not turn one tragedy into two tragedies!



**Robert** quit smoking a year ago using e-cigarettes. Finding out that many more smokers die before the age of 65 than non-smokers and starting to have high blood pressure really woke him up. He decided that he wanted to enjoy his new job and see his children grow up. Quitting smoking would increase his chances of doing both. At first, it was difficult. Robert had been smoking for 25 years, starting when he was 14 years old! He had liked smoking (or so he thought), and he had many urges to smoke during the first few months after he quit. During times when Robert was stressed, angry, or when he wanted a break from work, he still wanted a cigarette. He wasn't sure if his e-cigarette would be enough. But he learned to enjoy his e-cigarette and how to use it to help him quit. Robert even thought about going back to smoking during the sad and stressful time after his mother died. But he never forgot his reasons for quitting. Robert kept his e-cigarette close and used it to keep off cigarettes. He was not going to leave those beautiful children behind too soon! But this was only part of the battle. Robert knew that he had to reduce the stress in his life, so he enrolled in a stress class at work. Robert never knew how stress, even when he was smoking, had been decreasing the quality of his life. Now his life and health are better in two ways! His children are getting bigger each day and Robert has really learned how great life can be without cigarettes. His next goal is to eventually stop using e-cigarettes and gain complete freedom from nicotine!

We know you do not plan to fail...  
so please do not fail to plan!

## Benefits of Quitting

It is common for people who have quit smoking for a while to forget how much worse they felt while smoking. They also forget how much better they feel now. And they also often forget their reasons for quitting. Maybe a long time has passed since you felt short of breath while climbing the stairs or since you had a morning cough. You may not remember how it felt to stand outside at work to have a smoke. You may even have started to take for granted the extra cash in your pocket each week or how much better your car smells. Reflecting on these benefits, you might even start thinking about the benefits of quitting e-cigarettes too.

As time goes by, you may find yourself thinking about how nice it would be to have just one cigarette. You might even try to tell yourself that you could have just one, since it has been so long since you've quit. Do not be overconfident. This is like "playing with fire" and can be very risky.

If you start having thoughts of smoking, it may be because you have forgotten your reasons for quitting. Now may be a good time to think about the negatives of smoking and the benefits of quitting. Remember what made you quit.

**Think of all of the benefits you have had from not smoking. We will even start you off with a few:**

- 1 You have done a great thing by quitting. You have joined many others in living a healthier life! Smoking in the United States is at an all time low!
- 2 You have reduced your chances of getting a smoking-related illness. One year without smoking means you have cut your extra risk of heart disease in half. One year without smoking means the cilia (tiny hairs in your lungs that are damaged by tar buildup from smoking) have grown back and are now normal and healthy. Five years without smoking means you have cut your risk of dying from oral cancer in half. You are adding years to your life – and healthier years at that.

3 You have saved money. Take a look at the following chart and circle how much you would have spent on cigarettes at \$7.00 a pack (or how much you can keep saving by not smoking).

TOTAL AMOUNT SAVED ON CIGARETTES (Based on \$7.00/ cigarette pack)		Years Quit				
		1	2	3	5	10
Amount Formerly Smoked	1 Pack per day	\$2,555	\$5,110	\$7,665	\$12,775	\$25,550
	2 Pack per day	\$5,110	\$10,220	\$15,330	\$25,550	\$51,100

And what does your vaping cost? Most vapers spend about \$1000 per year on e-cigarettes and vaping supplies.

The table below may help you calculate how much you spend on vaping. But don't forget to add the start-up cost of your vaporizer too!

AMOUNT SPENT PER WEEK ON VAPING SUPPLIES	Months Vaping			
	1	3	6	12
\$10	\$40	\$120	\$240	\$480
\$20	\$80	\$240	\$480	\$960
\$30	\$120	\$360	\$720	\$1,440

What do you spend each year on cigarettes? \$ \_\_\_\_\_  
 What do you spend each year on vaping? \$ \_\_\_\_\_  
**TOTAL** \$ \_\_\_\_\_

And this is only part of the money saved. The greatest costs of smoking are to your health and the high costs of health care. Smokers become ill much more than non-smokers, and they need more health care than non-smokers. Smokers miss 40% more work time than non-smokers. Also, life and health insurance are higher if you smoke. This can add up! Why don't you reward yourself for a job well done? Use some of the money you have saved!



**Take a minute to write down some other benefits of quitting!**

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**And now remind yourself of your reasons for quitting:**

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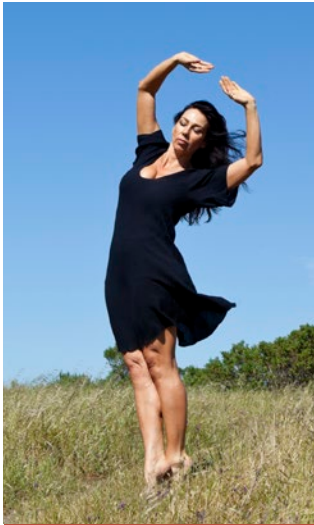


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As you can see, you had some good reasons for quitting!



*Ivette's reasons for quitting were the high cost of smoking and health concerns. She had two miscarriages while smoking. But with e-cigarettes, she was finally able to quit. When she quit, most of her friends were still smoking, and smoking was allowed outdoors at work and at most places she went. Luckily, so was vaping. Now most of Ivette's friends have also quit, and smoking is not allowed at most public places. But vaping restrictions are becoming more common. With so much information being reported about the harmful effects of smoking, Ivette is very happy she is a non-smoker. She never thought of herself as an addict, but she sees now that she was. Smoking was more than just a bad habit. Ivette feels good about giving up this addiction. In living a smoke-free life, she has gained a new positive habit -- dancing. And more energy from not smoking. She recently found out she is pregnant--another reason she is glad she quit. Now Ivette has a reason to quit her e-cigarette, too.*

If you vaped when you decided to quit smoking, you probably used e-cigarettes to help you beat your addiction to tobacco cigarettes. E-cigarettes may be useful in helping to quit, but people who vape regularly continue to be addicted. We also don't know about the long-term health effects of vaping. Therefore, many e-cigarette users eventually decide to stop vaping as well.

**What might be some benefits of quitting e-cigarettes in the future?**

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## But What About My Weight?

Weight gain after quitting smoking is a concern for many people. Remember, smoking is far more dangerous and looks worse than any weight that might be gained. Gaining weight may have discouraged you from quitting.

**But remember...smoking is a VERY DANGEROUS way to lose weight!**



Maybe you gained weight since quitting smoking and would like to lose it. The best way is to change your diet and increase your exercise. Speak to your doctor about healthy ways of losing weight. Many people have lost the weight that they gained after quitting without going back to smoking! Sometimes the extra weight comes off on its own as your body adjusts. Other people find that making even small changes to eating and exercise goes a long way toward weight loss.

You already know about coping skills that reduce urges to smoke. Try to use behavioral and mental coping skills to reduce extra eating as well.

Refer back to Booklet 3, *Smoking and Weight*, for tips on healthy eating and exercise. And do not forget to talk to your doctor before making any big changes in your diet or exercise.

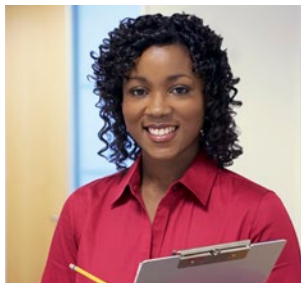
Many people who gain weight after smoking gain only small amounts. Chances are that this is what they would have weighed if they never smoked. (Smoking keeps weight down by increasing your metabolism in an **unhealthy** way.) But about 10% of ex-smokers gain as much as 20 to 30 pounds after quitting. If you gained a lot, maybe stopping smoking is not the only cause of your weight gain. Other things could have caused you to eat more. Sometimes the reasons for smoking are also the reasons for overeating. For example, depression and stress are both related to smoking and overeating.

If you eat more when you are feeling down or feeling stressed, you may want to find other ways to reduce stress besides smoking. One way is by increasing activities that give you pleasure. Now may be a good time to go back to the Pleasant Events List in Booklet 7, *Lifestyle Balance*. Choose things that you like to do. Make it a priority to fit them into your schedule.

Relaxation exercises or deep breathing can also help. There are more tips on dealing with stress in Booklet 6, *Smoking, Stress, and Mood*.

Let's say you started smoking again to lose weight. You might lose some. But it would come at a great cost to your health and your overall looks. And it will not reduce the stress in your life. Chances are that it would only add more.

Exercise may seem like a chore at first. But if you start slowly, you can make it a fun part of your day. It can be much better than smoking ever was!



*Lisa is a 35-year-old secretary who quit smoking two years ago. She gained 20 pounds the first year of quitting. At work, when she became stressed, she would munch on junk food instead of smoking. Her weight gain was very discouraging. Lisa thought about going back to smoking—not because she liked smoking anymore or was having urges. She thought smoking would make her lose the weight she had gained. A friend of Lisa's who also had been a smoker at one time asked Lisa to start skating with her. Lisa didn't want to at first. Although she had been active in her 20s, Lisa had become pretty inactive lately. She just did not think she was the exercising type. But after just a few weeks of skating with her friend Marie, she loved it! She was surprised at how much better she felt. And she also found many of the things that used to bother her at work, which caused her to eat, did not bother her anymore. After three months of skating, she had lost 10 of the 20 pounds she gained!*

## If You Do Smoke

“I have not smoked for 1 year and I do not intend to go back... But, can't I have a cigarette once in a while?”

The answer to this question is **NO.**

Ex-smokers sometimes think that after not smoking for a long time they are no longer “addicted.” They think they can have one cigarette. Sometimes e-cigarette users will find themselves in a situation where they feel that their e-cigarette is not enough, and they must smoke. This is like “playing with fire.” And it can set you up for relapse.

Research tells us that it is very hard—if not impossible—for people who were once heavy smokers to smoke only once in a while. Do not fall into the trap of thinking that you can smoke just one or two cigarettes.

Odds are that you cannot. One cigarette may seem harmless at first, since you have been doing so well. But smoking one can quickly lead back to smoking one to two packs per day. All your hard work will be lost. You will have to start over again. Why risk it?

But remember...if you **do** slip and have one cigarette, there are things you can do. Stop and look at the situation right away. What led up to smoking? Use it as a learning experience. Feeling guilty and beating yourself up will only lead to the “I Blew It” Reaction (see Booklet 4, *What If You Have a Cigarette?*). These feelings could set you up for even more smoking. Remember your tools: your e-cigarette, your quit smoking medications, and these booklets.



## What If You're Still Smoking or Returned to Smoking?

Here are some tips that may help:

- Go back and read *If You Vape* Booklets 1 and 2, about the stages of quitting and how to cope with urges to smoke.
- Pick a new quit date in the near future. Stick to it. If you are not yet smoking as many cigarettes as before, the sooner you quit again, the easier it will be.
- Make sure your e-cigarette is handy and you have plenty of liquids so that you will not run out. Keep it with you at all times so you are not tempted to smoke.
- Consider using the nicotine patch, gum, or another product such as Zyban® or CHANTIX®.
- Make quitting smoking your number one goal.
- Remember, if you have quit before, you can quit again. Do not feel bad about it. You now know more than you did last time. Use what you learned to quit again. Stay quit.

## Life Without E-Cigarettes

### “My e-cigarette helped me quit. But do I want to be a vaper forever?”

Chances are that you have thought about this, especially if you have quit smoking for some time now. As mentioned earlier, some of the benefits of quitting e-cigarettes are similar to quitting smoking. Look back at some of the reasons you listed.

Some people want to stop e-cigarettes completely. Some ways that people have accomplished this include reducing the nicotine content in their e-cigarette, setting a quit day, and using behavioral and mental coping skills. Think back to what worked when you were quitting smoking. Use that to develop a plan for your new goal.

Other people may not feel so ready to stop completely. Maybe they need their e-cigarette to prevent them from smoking or to reduce urges to smoke. If this is the case for you, keep using your e-cigarette to assist in quitting tobacco cigarettes. The most important thing is for you not to smoke! When you are confident that you can stay smoke-free, take some time to reflect on your future plans for e-cigarette use.



*Brandon has been vaping for over a year and has been cigarette-free for almost as long. While he really enjoys his e-cigarette, he's starting to find his habit annoying. For example, people will sometimes glare at him when he vapes in public places, and vaping bans are popping up more often now. He has saved money by switching from cigarettes, but not as much as he would like, because of the modifications he makes to his e-cigarette. And he has to go out of his way to go to the vape shop for juice and other supplies. Plus, the idea of him still getting nicotine is starting to bother him when he thinks about himself as a non-smoker. Brandon decided that he is going to cut back on his nicotine content with his next refill. Then he can see if his urges to smoke return. If they don't, he plans to quit using his e-cigarette once that refill runs out. Brandon made sure to have some nicotine gum handy in case of cravings. As a reward, he plans to upgrade his truck's stereo with the money he saves.*

**Remember: If you have quit smoking, you have already accomplished a challenging goal! Have confidence in your success for your next goal—quitting e-cigarettes.**



# Notes



# Notes





# The Most Important Messages

You should be proud for deciding to quit smoking and taking a step toward a better and longer life. Once again, congratulations!

We ask that you save this copy of ***If You Vape*** and re-read it many times during the first year or two after quitting. People often forget the important points. To help you remember, here are some important ***If You Vape*** messages.

1

It's important to review your behavioral and mental coping skills to deal with urges. Even if you have very few urges, a strong urge may come unexpectedly. Be prepared!

2

Think ahead to less frequent events where you used to smoke (e.g., weddings, holiday parties) and have a plan to cope with urges.

3

Review the benefits of quitting smoking in order to keep yourself motivated.

4

Calculate how much money you have saved since quitting smoking. How much more can you save by quitting vaping?

5

Use a healthy way to lose any extra weight that you may have gained since quitting smoking. Cut back on unhealthy choices and exercise more.

6

If you are still smoking, give quitting another try. Read the tips on page 12 to get to your smoke-free goal!

7

If you have successfully quit smoking, consider becoming vape-free as well.

# IF YOU VAPE



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