

Hooked on Nicotine Checklist

	Yes	No
1. Have you ever tried to quit, but couldn't?		
2. Do you vape <u>now</u> because it is really hard to quit?		
3. Have you ever felt like you were addicted to vaping?		
4. Do you ever have strong cravings to vape?		
5. Have you ever felt like you really needed to vape?		
6. Is it hard to keep from vaping in places where you are not supposed to, like school?		
When you tried to stop vaping (or haven't in a while)...		
7. did you find it hard to concentrate because you couldn't vape?		
8. did you feel more irritable because you couldn't vape?		
9. did you feel a strong need or urge to vape?		
10. did you feel nervous, restless or anxious because you couldn't vape?		

TOTAL "Yes" _____

Scoring:

If you answered yes to any of these questions – you are hooked on nicotine. Don't wait until you have all 10 before you quit. Many people that say they can't quit because they are too weak. But nicotine addiction isn't just "in your head" nicotine causes physical changes in your brain. You feel these changes when you quit. Quitting vaping is often hard, by it always harder when you do it alone. Check out the following resource for free help.