

# Brief Conversations Tips: Slips and Relapses

When trying to quit vaping, there may be times when youth return to vaping, maybe only once or twice or on a more regular basis. Although it may feel discouraging to learn a youth who had committed to quitting has vaped again, this is a normal part of the quitting process. Consider it a key opportunity to have a brief conversation to learn more, support them to reset and continue working toward their goal. Below are some helpful tips:

## CONVERSATION TIPS

- **Slips Happen:** Let them know that slips and relapses are totally normal and they do not need to feel bad. Each slip is a chance to learn and gain new skills.
- **Keep Trying:** Support youth to keep trying to quit even if they don't succeed at first. Each time they try brings them closer to quitting for good.
- **Boost Confidence:** Help them feel good about themselves. Celebrate how far they've come and remind them of the strengths and skills they've already shown.
- **Keep Talking:** Talk about what caused their slip. Help them think of ways to deal with these situations for next time.
- **Revise Their Quit Plan:** Help them change their quit plan so it fits their needs better.

SCENARIO	<i>A teacher learns that one of their students, who had recently quit, was seen vaping again.</i>
Teacher:	Hi Sam, do you have a few minutes to chat?
Sam:	Sure.
Teacher:	I heard that you might be vaping again. The last time we spoke, you had stopped completely. Can you tell me about this?
Sam:	Oh ya, I've just been hitting it a bit lately.
Teacher:	I see. Would you mind sharing what happened? I remember how you worked so hard to quit last time and how proud you were.
Sam:	Well, I've been feeling nervous about the band concert coming up this week, so I vaped to take some of the edge off.
Teacher:	That makes sense. It's common to feel nervous before a big event and it sounds like that's what triggered you to vape again. I want you to know that slips are a completely normal part of quitting, and you shouldn't feel bad. I know you have the strength and skills to do it again. After all, you already stayed quit for, what was it...2 weeks? That's something you should be really proud of. How about we think of some different ways to manage that nervousness so you can get back on track?
Sam:	I'm not really sure what else I could do. I guess I've never tried things like mindfulness or journaling before. They sound a bit awkward. But I do want to find something that helps.
Teacher:	There are lots of different strategies to consider that might be more your style. Maybe something to keep your hands busy or distract your thoughts...what do you think?
Sam:	Hmmm, I guess I could practice my guitar...that would keep my hands busy and help me be less nervous for the concert.
Teacher:	That's a VERY good idea! There's also a pretty good list on the <b>Not an Experiment website</b> . Why don't you take a look there too...maybe you can find some more ideas. I'd like to check in with you again soon to see how it's going.
Sam:	Ya, sure. Thanks.