NICOTINE CARE

Your next chapter.

On your terms.

A practical guide to preparing for life without nicotine, one step at a time.

FREE EBOOK + WORKSHEETS / ADULTS 18+

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READ THIS FIRST

Start with yourself.

Nobody is perfect. You do not need a perfect track record to make a new decision. You need a reason that feels like yours, and a next step you can actually take.

This ebook is for adults who want to stop using nicotine. Use it to prepare, write things down, and notice what helps. There is no promise of an effortless quit or a deadline for feeling better.

Choose your route through the book

Getting ready? Start with your reasons on page 3.
Already quitting? Go to cravings on page 7.
Had a difficult day? Open page 9.
Want something to fill in? Use pages 3-5 and 11.

Doing it your way can include getting help. Independence does not mean handling every difficult moment alone.

These are educational resources and reflection worksheets, not individualized treatment. Talk with a qualified healthcare professional about the approach that fits your health, nicotine use, and circumstances. Keep prescribed quit-smoking treatment on the schedule you agree with your clinician.

Give your reason some words.

Forget what a good answer is supposed to sound like. What part of using nicotine bothers you? What would you like your ordinary Tuesday to feel like instead?

Your answer might be about the interruption, the expense, or feeling more in charge of your day. It can be small and specific. You do not need to borrow someone else's reason.

What I want more room for

What nicotine is taking up in my life

The sentence I want to remember on a hard day

Example: "I want to get through dinner without thinking about when I can step away." This is a writing example, not a testimonial.

Find the pattern.

Notice a few moments when you reach for nicotine. Write down the setting, what happened just before, and what you were hoping the moment would give you. Triggers can include routines, feelings, and social situations. [3]

Be specific: "after lunch at my desk" is more useful than "all the time." This is observation, not a score of how disciplined you are.

Moment 1: where, when, and what happened?

Moment 2: where, when, and what happened?

One routine I can change or prepare for

Planning example: after lunch, leave the desk for a short walk instead of going straight into the usual nicotine routine. Choose an alternative that is realistic for your day.

Make a plan you can find again.

Choose a quit date or a date to discuss your approach with a healthcare professional. Then prepare for the first ordinary situations you will face: getting up, taking a break, travelling, and spending time with other people.

My quit date / appointment date

Before that day, I will prepare...

My likely difficult moment and my alternative

The person or service I can contact

If you use more than one nicotine product, write them all down and discuss the full picture with a clinician. Do not replace vaping with smoking. If you are using nicotine replacement as treatment, follow your clinician's or pharmacist's plan rather than treating it as a failed quit. [4,5]

What withdrawal can feel like.

Cravings, irritability, restlessness, trouble concentrating, sleep difficulty, anxiety, low mood, and increased appetite can occur after stopping nicotine. Experiences vary. [1]

Early days

Withdrawal is commonly strongest in the first week, often peaking in the first three days. Plan a little extra support around this period if you can. [1]

The following weeks

Symptoms often become less intense over the first month. Some last longer, and triggers may still bring back cravings later. This is a general pattern, not a personal recovery deadline. [1]

> *Use the timeline to prepare, not to judge yourself. Feeling different from the timeline does not tell you whether you can succeed.*

If symptoms feel unmanageable, persist, or concern you, contact a healthcare professional. Do not assume every new symptom is withdrawal. Seek urgent help for severe symptoms or thoughts of harming yourself.

Source [1] describes tobacco/nicotine withdrawal; intensity and timing can differ with the product, use pattern, and treatment.

Give the craving a next step.

An urge is a moment to respond to. You do not have to solve the rest of your life while it is happening. Choose a few responses in advance and keep them easy to reach.

Change the scene

Step away from the routine or place connected with the urge. Try a different activity or a short walk if that is accessible to you. [2]

Slow things down

Pause for a few comfortable, slow breaths. Put your attention on what you are doing right now. [2]

Reach for your support

Send a simple message: "I am having a craving. Can you keep me company for a few minutes?" [2]

My first response, and my backup if it is not enough

No single response works for everybody. Use what you learn to adjust the plan; ask a healthcare professional about further help when you need it. [2]

Your terms.
With support.

Tell someone what support would actually look like. Do you want a check-in, company on a walk, or simply for them not to offer you nicotine? A clear request gives them something useful to do.

> *"I am working on quitting. I do not need a lecture. Could you check in with me after work and help me stick with the plan?"*

If you smoke cigarettes

Counseling and approved quit-smoking medicines are evidence-based options. Combining them gives people who smoke a better chance of quitting than either approach alone. A clinician or pharmacist can explain suitable choices. [4]

If you vape or use other nicotine products

Ask for advice specific to your product and health. In the US, medicines approved for quitting cigarettes are not specifically FDA-approved for quitting vaping; a clinician may discuss treatment options with you. Do not assume one product's advice applies to all others. [2,5]

Nicotine replacement used as a quit-smoking treatment is different from returning to cigarettes. This ebook does not prescribe or change medicines. [4]

A difficult moment is information.

The example below is fictional and illustrates how to review a setback. It is not a customer story or a claim about results.

Sam expected the hard part to be the morning. The plan was ready: breakfast somewhere different, then a walk. But the urge that caught Sam out came after an argument that evening. Sam vaped.

The useful question was not "What is wrong with me?" It was "What happened, and what was missing from my plan?" Sam wrote down the argument as a trigger and prepared a person to call before the next difficult evening.

Keep the lesson. Return to your next planned step.

What happened just before the difficult moment?

What could I prepare or change next time?

If setbacks keep repeating, consider more support or a different treatment approach with a healthcare professional. The goal is to improve the plan, not punish yourself. [2]

Make everyday life a little easier.

You do not need to transform your whole lifestyle at once. Think about the parts of your day that are predictable, and give yourself a practical plan for them.

Prepare an ordinary evening

Choose a wind-down activity you enjoy and leave a little space for it. Nicotine withdrawal can disturb sleep for a while; do not treat a difficult night as proof that quitting is going badly. Seek advice if sleep problems persist or interfere with your day. [1]

Keep the plan realistic

If your day is already full, choose a response you can actually use at work or at home. Your alternative does not need to look impressive. It needs to be available when you reach for it.

Notice the effort

Write down one moment when you acted on your plan. If money is part of your reason, track what you actually spend instead of assuming a fixed saving.

One change that would make tomorrow easier

This guide does not promise a particular sleep, fitness, weight, or financial result. Your progress does not need to resemble someone else's.

A check-in, not a verdict.

Use this page at the end of a day or week. Save a fresh copy when you want to start another check-in. Look for patterns and useful adjustments, rather than a perfect set of answers.

Date / period I am looking back on

A moment I handled, or something that helped

A situation I want more support with

My next small step

Your pocket plan: remember your reason, use your prepared response, and reach out when you need support.

Keep what helps. Check the sources.

The writing prompts and examples are original Nicotine Care material. Health statements draw on the sources below. Linked references let you read the fuller context and check for updates.

[1] National Cancer Institute
Handling Nicotine Withdrawal and Triggers When You Decide To Quit Tobacco

[2] Smokefree / National Cancer Institute
Dealing With Vape Cravings

[3] Smokefree / National Cancer Institute
Know Your Vaping Triggers

[4] Centers for Disease Control and Prevention
How to Quit Smoking

[5] Centers for Disease Control and Prevention
Vaping and Quitting

Sources checked September 29, 2026. Nicotine Care is independent and is not affiliated with these organizations. This first edition is educational and is not a clinically validated cessation program.

Use your local healthcare services for personal advice. For an immediate medical emergency, contact emergency services.

Your next chapter starts with a step you choose.