

Ep #122: Plan for Triggers and Cravings: Get Ahead with Your Personalized Playbook



Full Episode Transcript

With Your Host

Tami Ernst

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Welcome to the *Break Vape Podcast*. I am your host, Tami Ernst. If you are an overwhelmed mom struggling to quit vaping after trying everything in your power to quit, then you are in the right place mama. Each week on the show, we analyze stress vaping and addiction from a place of zero self-judgment so that you can build up the skills you need to ditch your vapes for good. Are you ready? Let's get to work.

Welcome back to Break Vape. I'm so glad to have you with me today. If you've been following along, then you've already put in some serious work. We've talked about recognizing triggers in episode 120 and how to handle them in the moment in episode 121. And now, it's time to get ahead of those cravings. In today's episode, we're shifting gears to prepare for the triggers before they even happen. If you've ever been caught off guard by a craving and felt like it just took over, this is the episode you've been waiting for. When we prepare for triggers, we're not just reacting to them. We're outsmarting them before they even have the chance to catch us off guard.

Coping mechanisms are important, but preparation is key. We're going to talk about how to identify your top triggers, make a plan for each of them, and even set up your environment and support system in a way that makes it easier to stay on track. By the end of this episode, you'll feel more in control and ready to face anything that comes your way. So, let's dive in and start setting ourselves up for success. Ready to stay ahead of the curve? Let's do this.

All right, Mama. Now that we're all set to get ahead of those cravings, let's start with the basics. What are triggers, and how do we recognize them? If you've listened to episode 120, then you've already got a sense of what triggers are. But let's dive a little deeper into understanding them and how they show up in your life.

A trigger is anything emotional, physical, environmental, or social that sets off a craving to vape. It could be a feeling, a situation, or a person. Maybe it's something big, like an argument, or something small, like feeling bored or stressed. Now, why is it so important to recognize your triggers? Because when

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you see them coming, you can prepare for them. And that makes all the difference.

First, we have emotional triggers. Emotions are probably the most common trigger. Feelings like stress, frustration, anxiety, or even excitement can trigger cravings. It's like your body says, this is the time we usually vape to feel better. For example, you've had a tough day, the kids are melting down, or you're just feeling overwhelmed by life.

Second is habit-based triggers. Sometimes cravings aren't linked to big emotions. They're part of a routine. These are the triggers that feel automatic, like muscle memory. Maybe it's your morning coffee, your evening routine, or after a stressful conversation.

Thirdly, you need to be aware of your environmental triggers. Certain environments or places can also trigger cravings. Maybe it's being in your car or the familiar spot where you used to vape. Maybe it's a place that reminds you of the old habit.

Then we have social triggers. Social situations are big triggers, too. Being around people who vape or just the idea of socializing with them can bring on cravings. If you've ever been at a party or hanging out with friends and you felt tempted to vape, that's a social trigger.

Next up are your physical triggers. Sometimes it's about what you're feeling in your body. Maybe your hands feel jittery, or your chest feels tight, and your brain says, we need a vape to calm down. Recognizing these physical sensations as triggers is key. You're not just stressed; you're also physically uncomfortable, and that discomfort can make you want to reach for a vape for relief.

So, what do you do with all this information? Now that you know the different types of triggers, what do you do with them? The key is recognizing these patterns so you can plan for them before they happen. The more you notice, the more you'll be able to respond proactively instead of reacting. Awareness is power, and once you start noticing your triggers, you can start preparing for them, making it easier to stay on track.

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Here's your first step: Track your triggers. Start paying attention to when cravings hit and ask yourself, what was happening? What were you feeling? Where were you, and who were you with? Once you start to see those patterns, you'll be ready to move on to the next step, which is planning ahead for those triggers so you're not caught off guard.

Now that we've broken down the different types of triggers, it's time to get personal. This next part is all about identifying your biggest triggers, the ones that tend to set you off the most or feel the hardest to resist. Now, I know this might seem like a big task, but trust me, this exercise will give you so much clarity and power. When you know your triggers, you can start to make a real plan to handle them, and you'll feel way more in control. So, grab your journal or open up your phone and let's get started. If you're driving or multitasking, hit pause and come back to this later when you can really focus.

The first step here is to look back at your patterns. Think back to the past few days or weeks. When have you felt the strongest craving to vape? Was it a particular time of day, a certain feeling, or when you were in a specific situation? Write down those moments. Don't censor yourself; just get everything out. No judgment here, just pure observation. The goal is to notice what happens right before the craving hits.

Next, you need to categorize your triggers. Now that you've written them down, take a look at what you've got. Can you start to group them into categories? Emotional triggers could be stress, anger, sadness, or boredom. Habitual triggers could mean they always come after dinner or during a car ride. Social triggers would be being around others who vape or social situations that make you anxious. Environmental triggers happen in your home, car, or workplace. Physical triggers can come from aches, pains, or fatigue. Look for the patterns. What's happening right before you feel that pull to vape? Write those categories down and keep adding to them as you notice more.

The third step is to rate your top three triggers. From the list you've made, pick your top three biggest triggers, the ones that seem to pop up most often, or the ones that feel the most overwhelming. Here are some questions to help you

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decide: Which ones are the hardest to resist? Which ones do you feel the most tempted by? Which ones happen most frequently? Write down your top three and keep them handy.

The fourth step in this process is to visualize your response plan. For each of your top three triggers, spend a few minutes brainstorming what you could do instead of reaching for a vape. Remember to refer to the advice I shared in episode 121. Maybe it's taking a walk, calling a friend, doing a quick breathing exercise, or grabbing a snack. Get specific. If your trigger is stress, what exactly will you do? Will you go to your favorite breathing app, or maybe take five minutes to meditate? If it's habitual, like after dinner, maybe you'll get up and start washing the dishes right away or do something else that breaks the routine.

Remember, the more specific your plan is, the easier it will be to follow when the time comes. You're creating a playbook for your cravings, and the more prepared you are, the less power those triggers will have over you.

Step five is to commit to your plan. Now that you've written down your top three triggers and created a response plan for each, take a moment to commit to using your plan next time one of those triggers shows up. Put it somewhere visible, like on your fridge, in your phone notes, or even a sticky note on your desk to remind you that you're ready for whatever comes your way. This is your action plan, Mama. And the more you practice, the more natural it'll become. Soon enough, you'll recognize those triggers as signals to take action, not to vape.

All right, Mama, we've covered a lot over the past few episodes on triggers. You now know how to recognize your triggers, how to handle them in the moment, and more importantly, how to prepare for them. From emotional to environmental to social triggers, the key is awareness. And you've taken the first step to controlling your triggers by identifying your top three triggers. Then we talked about making your trigger plan.

The next time one of those cravings hits, you'll be ready. Whether it's deep breathing, texting a friend, or using grounding techniques, you've got a whole toolkit at your disposal to help you stay in control. But remember, this is just the

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beginning. The more you practice, the more you'll feel in charge of those cravings. You're rewiring your brain one step at a time, and the fact that you're here, putting in the work, that's something to be proud of. Use that trigger tracking exercise, pick your top three triggers, and create your plan. Stick it somewhere visible so it stays top of mind. And when you feel a craving creeping in, pause, breathe, and implement your plan. You're not alone in this, Mama. I've got your back. I'll be back in two weeks with the next installment of how to create your vape-free year. Until then, stay strong, keep practicing, and know that every step you take brings you closer to being vape-free. You've got this.

Thanks for tuning in today. If you like what was offered in today's show and want even more support, send an email to hello@BreakVapes.com to learn more about how my proven system can help you ditch your vapes for good. Bye, for now.