

Ep #120: Know Your Vaping Triggers and Stop the Craving Cycle



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With Your Host

Tami Ernst

[Break Vape: How to Quit Vaping for Stressed-Out Moms](#) with 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.

Hello, everyone. Welcome back to the Break Vape podcast. I am your host, Tami Ernst, and I am so glad that you are here today on episode 120. If you're new, welcome. You are definitely in for a treat today. And if you're a regular listener, you've been showing up for yourself, stacking small wins, staying motivated, and if no one's told you lately, you're doing a phenomenal job.

Now, the next few episodes are going to be game-changers because we're shifting into a part of your quitting journey that trips so many people up: triggers. Those sneaky moments that seem to pop up out of nowhere and suddenly make you feel like vaping is the only thing that could possibly take the edge off. Yeah, we're going to talk a lot about those.

Today, we're kicking off a three-part series that's all about understanding, managing, and planning for your triggers. Because cravings aren't random. They are your body and brain reacting to something. And when you learn how to recognize those patterns, you get your power back.

In this episode, we're going to start with awareness. I'll help you identify your personal triggers, the ones that make vaping feel like an easy escape. We'll talk about the different types of triggers, why they matter, and how you can start spotting them before they send you into vaping autopilot. Because here's the truth: you can't always manage what you don't understand. But once you see your cravings as part of a pattern, something predictable, then they stop feeling like surprise failures, and they start feeling like things you can handle, and handle well, I might add.

So if you've ever wondered, "Why do I always reach for a vape at this time of day?" or, "Why do my cravings spike after a certain conversation?" or, "When

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the house gets quiet," you're in the right place. Let's shine a light on those triggers and start building your awareness so you can feel prepared, not panicked. Are you ready? Let's dive in.

All right, let's get clear on what triggers actually are for our purposes. A trigger is anything internal or external that makes you want to vape. It can be a feeling, a situation, a place, a time of day, a person, a memory, boredom, anxiety, anything that sparks that little voice in your head that's saying, "Just one puff, it'll help you feel better." That's a trigger.

And here's the tricky part: triggers often fly under the radar. You might think a craving to vape came out of nowhere, but if you look closely, there's usually a pattern hiding underneath. Let's break triggers down into five categories so that you can start noticing which ones show up the most in your life.

Number one, emotional triggers. These are probably the biggest for most of us. Feelings like stress, overwhelm, loneliness, anxiety, or even boredom can all make your brain reach for a vape. It's your brain's way of trying to soothe you, but as we know, it's a short-term fix that just creates a longer-term problem. For example, you've had a day where the kids are fighting, dinner's burning, and your partner just walked in on the phone instead of helping. Boom, stress trigger.

Number two, habit-based triggers. These are the ones built into your routine. It's not necessarily that something emotional happened; it's just that vaping has become attached to certain moments. An example could be the school drop-off ends, and you automatically reach for your vape in the car, or the house goes quiet at night, and your hand moves towards that drawer where the vape likes to live.

I had an amazing client one time who's doing phenomenal now. She has left vaping, ditched it, gone for good. And her habit trigger was actually going on her morning walk with her dog, and she didn't want to carry her vape in her exercise clothes. So she would keep one actually tucked into the fence. And she would pass this part of her walk every day where that vape was with her fence. And so when we identified that as part of her habit-based trigger, we changed up her

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walking routine and put her vape in a different place. And for her, just recognizing that shift made a really big difference. So it could be anything for you when it comes to your habit-based trigger, because they're not about needing relief; they're just about muscle memory. Because your brain's like, "This is the part where we vape, right?"

And number three, environmental triggers. Remember how we were just talking about how triggers are kind of tricky? Sometimes they can be habit-based, or they can be environmental-based. So, like the story that I was just telling about my client that had her vape hidden in a fence, it could kind of be both, right? It could be part habit or it could be part environmental.

The environmental triggers are ones that are linked to specific places, times, or even objects. So, it could be your back porch where you used to vape after dinner, or it could be your favorite coffee mug and the way that you used to pair that with your vape. Sometimes, even a certain song or a show can trigger the association. Your environment holds a lot of clues, so it's important to start noticing what those cues mean for you.

Number four, social triggers. Being around certain people or even just thinking about social interactions can spark a craving. If you used to vape with friends or if you feel pressure in social settings, and vaping was your way to cope or to fit in, that's a social trigger. This is a normal trigger where, when you're meeting a friend who still vapes or scrolling on Instagram and seeing someone glamorize vaping, all of a sudden, again, your brain is going to say, "Oh, we should vape now."

And then number five, physical triggers. Sometimes it's a sensation in your body, like restlessness, fatigue, or tightness in your chest, that you've trained yourself to respond to with vaping. Maybe your body feels tense, and vaping has been your go-to release. So recognizing that connection is very powerful.

I don't want you to feel overwhelmed by all of this. You're not supposed to have this all figured out right now, but simply noticing what sets off the urge to vape is the very first big step, and then it actually becomes kind of fun to

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compartmentalize everything. We're going to walk through this together, and I'll give you a simple exercise to help you start identifying and tracking your specific vaping triggers. Because your triggers might look totally different from someone else's, and the only way to stop feeling blindsided by them is to track them and categorize them.

So here's what I want you to try this week. It's simple. You don't need anything fancy, just a notebook, your notes app, or even a voice memo on your phone. This is what I call the Trigger Tracking Exercise.

Whenever you feel the urge to vape, take a pause, and I want you to ask yourself three questions. Number one, what just happened? Did something stressful or emotional come up? Did the kids melt down? Did someone say something that rubbed you the wrong way? Or maybe nothing big happened, but you just walked out to your car like always, and your brain said, "Now is when we vape." Jot that down.

Number two, what was I feeling? Were you anxious, frustrated, tired, bored, lonely? Or were you celebrating something and wanted a little hit of reward? Be honest, no judgment, just observation.

And number three, what was I doing or where was I? This will help you spot those environmental or routine-based triggers. Maybe it's always the same room, or the same time of day, or right after your morning coffee. Once you write it down a few times, you'll start to see it.

So that's it. Just three quick questions every time you feel a craving. I want you to start getting super curious about how vaping shows up in your own life. The goal isn't to over-analyze; it's just to start seeing the patterns. And you'll be very interested by how quickly they start to show up. And here's the bonus: even just the act of pausing to reflect interrupts the craving cycle. It gives your brain space to say, "Wait, do I really want this, or is this just my habit talking?"

Now, don't worry if you forget to do this every time. Just try to catch a few cravings this week and get curious. The more data you gather, the more

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confident and in control you're going to feel next time a trigger shows up. Remember, awareness is power. The more you understand your cravings, the less control they have over you.

So let's recap. We talked all about triggers, what they are, how they show up, and most importantly, how to start recognizing them in your own life. From emotional stress to old habits, from certain places to certain people, your cravings aren't random. They are rooted in patterns. And when you start to see those patterns, you can start to take your power back over vaping.

We also walked through your trigger tracking exercise: three simple questions to ask yourself every time a craving pops up. Number one, what just happened? Number two, what am I feeling? And number three, where am I or what was I doing? Just noticing these things will help you feel less reactive and more prepared the next time a craving rolls in. Because remember, you're not failing when you're triggered. You're learning, and this awareness, it's your first layer of protection.

So here's your challenge this week: start tracking your triggers, even just a few. Use your notes app, a journal, a voice memo, but be curious, not critical. And if you feel comfortable, share what you're learning with me in a quick email to hello@breakvapes.com. That's [hello@breakvapes](mailto:hello@breakvapes.com) with an S, .com, because you never know who might relate and feel inspired by what you're discovering.

And hey, don't forget to celebrate the fact that you are doing this work because most people never pause long enough to connect the dots between their cravings and their lives, but you are. And you have everything it takes to keep going until you get to the point where you won't even want to want to vape. And that is my ultimate goal for you, and it is 100% possible and available.

Okay, so next week in episode 121, we're going to take it even further because now that you're starting to recognize your triggers, I'm going to teach you what to do in the moment when the cravings hit. You'll get practical tools and simple techniques to help you ride the wave of a trigger without giving in to the urge to

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vape. So be sure to tune in because that's when things start getting even more fun, interesting, and applicable to your unique life.

Until then, stay aware, stay kind to yourself, and keep showing up. Have a beautiful rest of your day, Mama, and I will see you on the next episode.

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.