E-Cigarette: A Complex Habit to Defeat

[Author’s name]

[Institute’s name]

E-Cigarette: A Complex Habit to Defeat

**Part One: Diary on Behavioral Intervention**

Undoubtedly, there are many bad habits which I want to change to pursue better lifestyle and live a healthy life. The most frequent bad habit I carry out for a long time is recognized as my excessive inclination of smoking in the form of e-cigarette. This is one of the chronic habits that gradually & adversely influenced me. I am keenly interested to quit this bad habit of extreme use of an e-cigarette. To meet this objective, firstly it is important for me to correctly determine how often I am engaged in using e-cigarettes as a daily routine. I started tracking my routine to figure out how much quantity of e-cigarettes I consumed every week. It is important for me to critically monitor my habit of using e-cigarette closely to record all the triggering aspects to get rid of this bad as early as possible.

           I started recording my habit of using my Juul (e-cigarettes) daily. I observed that I approximately used puffs of e-cigarettes ten times a day. This specific schedule of using e-cigarettes prevailed for a week. This assessment helped me to recognize that I used to consume 70 e-cigarettes in the first week of my habit of smoking. The second week increased my intensity of using e-cigarettes as I start using my Juul 12 to 15 times a day. In the third week, there was a gradual decrease that ultimately completely diminished in 4th week by adopting a suitable strategy of intervention. The close assessment of my bad habit of e-cigarette also indicates that the routine of my friends of using e-cigarettes has also prompted me to adopt the excessive use of this habit. Thinking quitting my habit of using e-cigarettes was not easy. There were many internal and external factors such as my friends’ company and my urge to consume nicotine that caused a great challenge for me to stop using e-cigarettes.

**Part Two: Research Paper**

**Introduction**

For the past four weeks, I am considering that I should properly regulate my habit of extreme use of e-cigarettes. I wanted to quit this habit because I believed that it ultimately damages my health and affects my daily routine tasks. Regular tracking of my consumption of e-cigarettes is the first phase to complete the process of leaving my bad habit. For the last four weeks, I have been keeping a record of my routine of using e-cigarettes to determine the intensity of this habit. My routine indicated that I used e-cigarettes 10 times a day that gradually reached to the amount of 12 to 15 puffs of e-cigarettes. The complete tracking of my routine indicated that I excessively used e-cigarettes that require the immediate approach of intervention. I decided to adopt a specific strategy to gradually decrease the quantity of using e-cigarettes.

**Discussion**

The adoption of an accurate practical strategy is essential to successfully quit the attractive use of e-cigarettes in daily life. Many intervention approaches can be helpful to stop the habit of using e-cigarettes. Appropriate adoption of refusal skills is essential to avoid the risk of extreme use of vaping. This prospect can be achieved through consideration of significant behavioral techniques. Aversion therapy is ranked as the most suitable form of treatment when it comes to quitting the habit of using tobacco or nicotine. This specific approach is characterized as the most effective quitting approach that can be recognized in the form of giving a mild electric shock to addict or the prospect of nausea (Fowler & Kenny, 2014, p. 540). These unpleasant conditions ultimately help individuals to quit the dose of e-cigarettes from their routines.

           There are diverse psychological treatments that can be used to successfully handle the concern of the bad habit of smoking in the form of using e-cigarettes. Cognitive-behavioral therapy (CBT) is one preferred form of psychotherapy to regulate behavioral domains of people and help them to better deals with negative behaviors. This psychological treatment approach can be used to successfully address improper thinking patterns and this approach is also closely linked with the habitual pattern of using e-cigarettes products. The psychological insights of CBT are recommended to help people in quitting excessive smoking patterns (Park et al., 2014, p. 263). Application of new behavioral patterns with the help pf CBT is an effective idea to better deal with negative thoughts and behavioral practices.

           The approach of smoking cessation medications is ranked as the option to address the severe issue of smoking. This specific phenomenon can also be applied in case of extreme use of e-cigarette products. It is defined as medical treatment to quit the excessive approach of smoking that can be appeared in various forms.

           The systematic approach of baseline assessment helped me to successfully track my routine of using e-cigarettes in my daily routine. The outcomes of this assessment revealed that I used to keep 12 to 15 puffs of e-cigarettes daily and this perspective is quite alarming. It was important for me to control myself in this case and quite this bad habit as early as possible. An excessive use of e-cigarettes is an example of my hard behavior that requires necessary fixation. The quitting of e-cigarettes was immensely difficult for me because using Juul was a real joy for me. As I used e-cigarettes for many days, so it was tough for me to immediately quit keeping puffs of e-cigarettes daily.

  I adopted many different strategies to successfully address this uncomfortable phenomenon. I applied many diverse strategies to successfully achieve my targeted behavioral domain to completely quit my bad habit of using e-cigarettes. The major practical think I adopted was the approach of disruption from my inclination to using e-cigarettes. I tried to divert my mind towards other energetic activities such as reading books or active physical activities in the form of regular exercising. Undoubtedly, these practical measures were helpful for me to positively divert my mind to the other healthy activities. During the entire phase of behavioral intervention, I witnessed significant changes in my behavioral patterns. This form of development ultimately helped me to control my behavioral domain and successfully obtain my objective of quitting the use of e-cigarettes.

**Conclusion**

           In concluding remarks, I want to mention that the entire process of the behavioral intervention was successful for me as it helped me to control my behavioral domain and quit one of my bad habits of extreme use of e-cigarettes. The theoretical idea of gradual relapse helped me to slowly address my habitual problem of using e-cigarettes. The entire procedure of intervention helped me to closely observe and critically assess my behavioral patterns effectively and efficiently. The approach of dependence can also be observed during the approach of behavioral intervention. I keenly observed that I was greatly dependent on the behavior that triggered me to use e-cigarettes in my daily life. Most of the time, I used e-cigarettes to released my stress level and better connected with my external environment.

|  |  |
| --- | --- |
| Baseline Data | Intervention Data |
| 10 | 8 |
| 9 | 8 |
| 10 | 7 |
| 10 | 9 |
| 9 | 7 |
| 10 | 8 |
| 10 | 6 |
| 13 | 5 |
| 12 | 5 |
| 12 | 4 |
| 15 | 4 |
| 15 | 4 |
| 13 | 3 |
| 15 | 3 |

**References**

Fowler, C. D., & Kenny, P. J. (2014). Nicotine aversion: Neurobiological mechanisms and relevance to tobacco dependence vulnerability. *Neuropharmacology*, *76*, 533–544.

Park, C.-B., Choi, J.-S., Park, S. M., Lee, J.-Y., Jung, H. Y., Seol, J.-M., … Kwon, J. S. (2014). Comparison of the effectiveness of virtual cue exposure therapy and cognitive behavioral therapy for nicotine dependence. *Cyberpsychology, Behavior, and Social Networking*, *17*(4), 262–267.