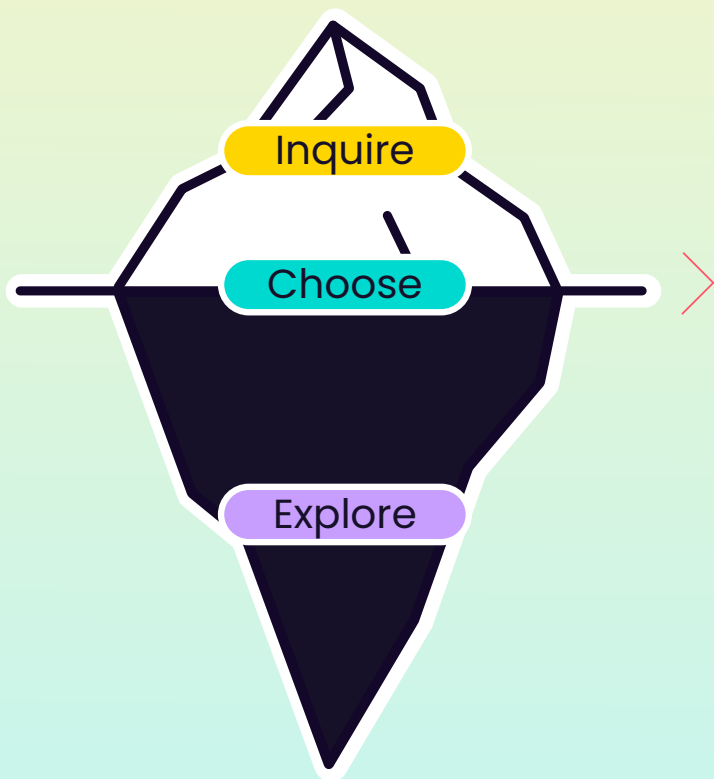
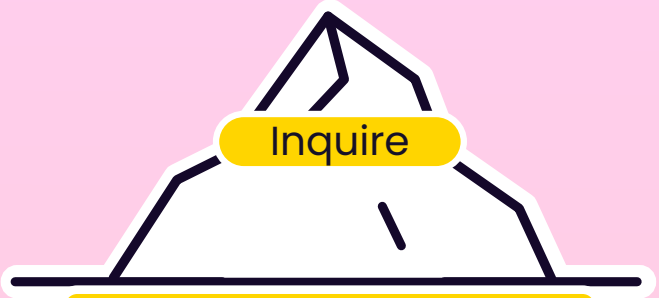


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Inquire

Inquire curiously

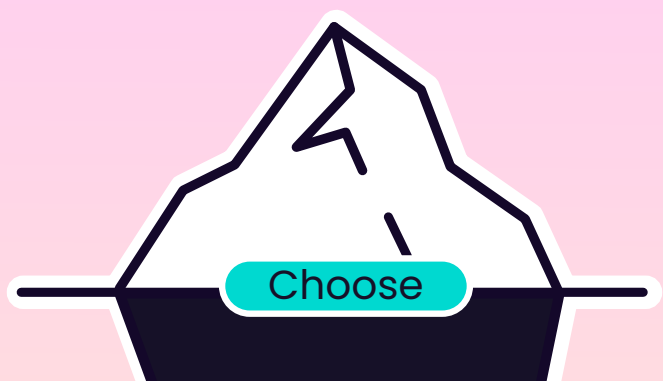
Start with open, non-judgemental questions to understand their experience.

Examples:

"How do you feel about vaping?"

"How easy would it be for you to stop for 3 days?"

"What would be the hardest part?"



Choose their language

Reflect how they describe it—habit, stress relief, boredom. Avoid jumping to labels like “addiction.” Let them come to their own conclusions.

TIP: If they call it a habit, stick with that in conversation. You’re guiding reflection, not diagnosing.

Explore signs under the surface

Gently highlight early signs of dependence and explore their sense of control.

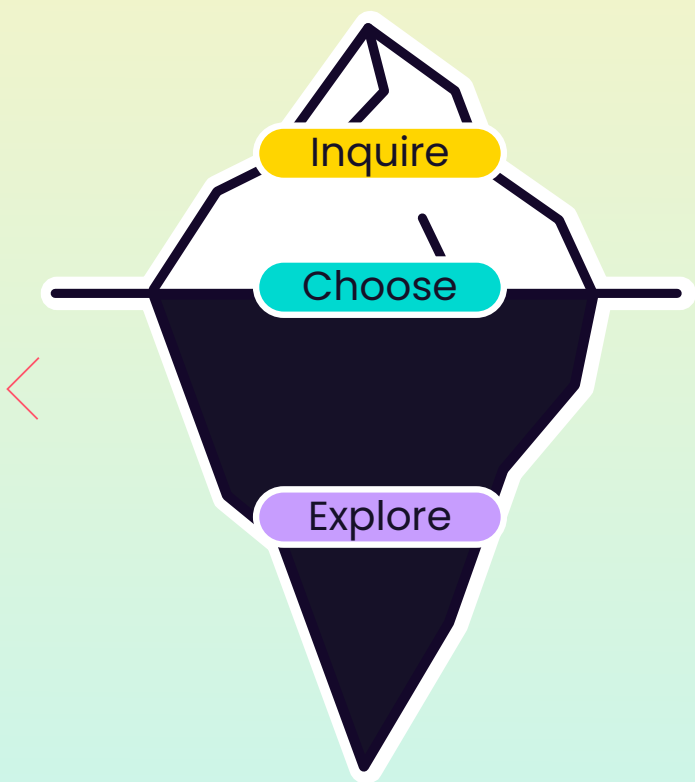
EXAMPLES: "How would you feel if your vape broke?"

"Are you using it because you want to or because you have to?"

"Do you get headaches, feel grumpy, or lose focus at school if you haven't vaped for a while?"

Explore

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