

Forum:[Hack Forums](#)

Thread: [4 Years Vape Free](#)

tafatag - February 22, 2026, 1:39 pm

I posted this over on vices but realized it fits here too! Celebrating 4 years vape free this year. It is a tough road and addiction sticks with you.

Some things that really helped me, in case anyone else is struggling out there!

Replacing the habit is a big part of it for me.

-I used jolly ranchers and sun flower seeds to get over the oral fixation. Sunflower seeds have a complex enough process that it really hits that oral fixation

-Deep breathing exercises to help get that anxiety relief. When vaping I would take deep hits and breathing exercises help replicate while still getting the anxiety regulation.

-Therapy: helped me handle those waves of cravings. This is an obvious one but an outside perspective gave me the strategy of really recognizing the craving, denying, and feeling it disappear overtime. Very intentionally.

Omega Sapien - February 22, 2026, 8:32 pm

I wish I could quit I sometimes quit for 4 to 6 months and go back to it. I vape non stop its awful.

tafatag - February 22, 2026, 10:18 pm

(Feb 22, 2026 09:32 PM)Omega Sapien Wrote: [\[CITE\]](#) I wish I could quit I sometimes quit for 4 to 6 months and go back to it. I vape non stop its awful.

Good luck brother! Its hard for sure! Keep at it!

Hackers - February 23, 2026, 12:32 pm

Congrats, I quit vaping some months ago and won't touch em again. Too addicting, too cheap, and too unhealthy.

Cigs are literally better

deep breathing exercises - amazing recco. This works for me too... Highly recommend it.

RangoWorld - February 23, 2026, 4:48 pm

Congratulations for getting this far. Proud moment for you.

Jamika - February 24, 2026, 5:09 am

That's great, my friend... I think you'll notice the positive impact of that on your health later on.

IRLCash - February 27, 2026, 7:44 am

Wow! 4 years vape free is a huge accomplishment you should be proud of yourself!