

## Tell a newbie how many seconds a day do you still want a cigarette

### Page 15

Remember the first few days after you quit smoking? Remember worrying that the urges, wanting and craves would never end? Here's your chance to reach out and tell both smokers and new quitters what it's like now. Below are 33 pages of comments written by hundreds of former smokers who had successfully quit smoking for days, weeks, month, years and some even over a decade, sharing what it was like for them at these different points in time to be nicotine free.

If a cold turkey quitter, please [email us](#) and share with visiting newbies both how long you've been 100% nicotine-free (paste your [quit meter stats](#) if possible) and how many seconds each day you spend wanting a cigarette. We'll then add your response to the below "[Tell a newbie ...](#)" parade which [Joel started](#) back in 2001 in our original support group Freedom.

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#351 | 22 Jun 2004 | GinaM731

I have been free for 1 week 8 hours 15 minutes. I've saved \$38.55. Time/life saved is almost 2 days. I think about smoking maybe once or twice a day for 1 or 2 minutes. I'm so turned off by smoking that some days I don't think about smoking at all & I am only one week in to my quit. Read all the information on this site really gives me motivation. Thanks~ Best of Health~Gina

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#352 | 22 Jun 2004 | Nhwoman3

I am now 3 weeks into being smoke free. I really don't think about smoking more than once or twice a day now and it lasts for a few seconds, not minutes. As a matter of fact I spent Friday afternoon and Sunday afternoon with smokers and had NO urges. I just looked at the smokers and realized how nasty cigarettes look hanging out of peoples mouths.

Laura

Smoke free: 3 weeks 3 hours 1 min  
Amount Saved: \$89.78  
Cigarettes not smoked: 422  
Life Saved: 1 day 11 hours 10 mins

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#353 | 22 Jun 2004 | FearNothingDK GOLD

ZERO seconds

And I truly can't even remember the last time I actually thought I'd like a cigarette. I really can't.

Sandy - A former 23 year slave to nicotine addiction - Three months FREE and loving it!

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#354 | 23 Jun 2004 | Joanne Gold

Question: Tell a newbie how many seconds a day you still want a cigarette

Answer: I have no idea because it has been years!

In the early days of my quit I thought I'd never be happy again without having cigarettes. It was an empty feeling and I thought for sure that I was different and that I'd never be me again. Cigarettes were the gateway to every single thing I did, they dictated my life.

Don't believe the lies of junkie thinking, hold on tight because it does get easier and life does go on without cigarettes.

One day at a time....the experience of getting through every new association to smoking sets us free. This journey is doable and each of us deserves the glory that lies within.

The freedom is incredible!

Just for today, not one puff...no matter what.

Joanne  
5 1/2 years free ; )

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#355 | 23 Jun 2004 | TickTockGold

How often does the thought of a cigarette cross my mind? 2-3 times a day for a fleeting moment.

How often do I think I want a cigarette? Zero

There is a difference, I don't feel that that quick flash of a cigarette crossing the mind is the same as wanting one. I have deliberately stopped and asked myself, after one of those flashes, do you really want one? I imagined the taste, and smell of what it would be like to smoke a cigarette, and my reaction was a repulsive feeling and a shiver over my whole body. NO THANK YOU. NEVER AGAIN!!! It is so doable, just never take another puff.

Dina, 3 months free and healing

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#356 | 02 Aug 2004 | Mocha

What a great parade!!!

If you've been following my postings you would know that I had a rough time these past 2 -3 days. Given the circumstances and amount of triggers I faced during those days, I'd say I probably had between 5 - 10 urges (Hardcore triggers, like out drinking with friends where everyone's smoking, watching tv for hours at a time, and after a great meal). In hindsight I'd say, it doesn't seem like much. But I don't know.... It had me really down at the time...

And then there came today. Seriously, the ONLY time I thought of cigarettes today were when I thought, "Wow, I haven't wanted a cigarette at all so far today".

I am shocked, speechless and pleasantly surprised!! Today is a testament of WHY I MUST NOT FAIL!

I've learned that every day is different. Especially early on in your quit. Key is to be prepared (for the unexpected). And you do that by reading and educating yourself.

Today could not have been better. Tomorrow might be worst yet. But I know I will NTAP!!!

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#357 | 02 Aug 2004 | Mocha

AHHHHH I wish it had an edit button!

I've been quit for 12 days.... 12.5 hours life saved.

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#358 | 03 Aug 2004 | Lynndee

I think about not smoking and being proud of myself 3-4 x's a day-but actual triggers maybe once a day-usually at home when I'm trying to wind down from work. Doesn't last long but it's a pretty powerful urge--almost like I deserve to have one for doing so well 😞 --go figure!!!

Lynndee 23 days smoke free

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#359 | 03 Aug 2004 | Josh

As I approach double-green I have noticed on a few occasions thinking, man I didn't even think of a cigarette once yesterday! That's a good feeling... and I fully expect those days to come more often as I continue my journey. Don't get me wrong though, I still have some trying moments. They are not nearly as intense as they were in the first month... and never last longer than a minute or less. For me it's running into an old smoking buddy or something else like that (usually nostalgic).

Josh - Free and healing for 1 Month, 4 Weeks, 18 hours and 36 minutes (58 days). I have saved \$217.30 by not smoking 999 cigarettes. I have saved 3 Days, 11 hours and 15 minutes of my life.

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#360 | 03 Aug 2004 | magpie

Maybe 5 seconds some days, maybe no seconds some days, maybe more on Sundays (I don't work that day lol)....But never long enough to make me want to be a smoker again.....Yuck, to the umpteenth power.....I have been quit for 6 Months, 1 Week, 10 hours, 43 minutes and 40 seconds (189 days). I have saved \$710.42 by not smoking 4,736 cigarettes. I have saved 2 Weeks, 2 Days, 10 hours and 40 minutes of my life.

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#361 | 03 Aug 2004 | Andy (Silver)

Today I had a fleeting thought regarding a cigarette. I was full from having just finished lunch and was driving to my next appointment. I looked at a guy smoking in a passing car and for 1/100th of a second I thought about a cigarette. It passed. They all do. I reminded myself that although I may have "wanted" a cigarette at that moment, I do not want the truckload that inevitably follow when you are a nicotine addict. Prior to that I haven't thought about a cigarette in months.

Andy

1 year, 8 mos 5 hours and 35 minutes

Life recaptured = 6 weeks, 7 hours and 20 minutes

Money \$aved = \$3,045.95

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#362 | 03 Aug 2004 | shaunj222

I used to read this string and think yeah right, as if you don't still think about smoking all the time. I figured people just wrote what they wanted to believe, all the while being in agony. Well, something happened to me somewhere between the fourth and fifth month and all of a sudden I was forgetting that I used to be a smoker. I think about it rarely now and it only lasts minutes. It's very strange how that happened.

Shaun  
5 months +

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#363 | 03 Aug 2004 | whynotmee1

I love reading how often a old Quitter thinks about smoking...really gives a person something to look forward to. Still rather early into my quit, I think about smoking 2 or 3 times a day....still seems to be at the same times I do nearly everyday. The good thing is I only think about it for a minute or less. Hey! That's great, my first week it was around 20 times a day. Newbie's each day, each week it does get less and less. I'll be glad when I can come back to this site and say "I haven't thought about smoking in so long I don't remember." It will happen, all I need to do is, Never, ever, take another puff.

Da-Smokefree-25days

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#364 | 09 Aug 2004 | kwhtlw

If I were to average the daily time I spend thinking about tobacco the average would be around five seconds, and that is a generous estimate. The fact is, that when a trigger hits me I instantaneously respond with something I have learned from Joel's library. I ask myself questions like: Do you want all the years of tobacco use that come with that first indulgence? Are you going to throw away the first days of suffering? Do you know that you can't use tobacco just once? Remember the slogan? Never Take Another Puff!! etc. My triggers last only a minute fraction of a second, followed by a few thoughts of quit reinforcement ending in another victory over nicotine addiction. So, I guess those five seconds are really spent thinking about not using nicotine rather than falsely glorifying a single dose.

Yes, it's true, life without tobacco is easier than the life as a slave to it. It get's much, much, much easier as time passes. Thanks Joel, and all those who participate here at freedom.

Kevin, NicFree & Luv'n It for 53 days. I quit chewing tobacco on 6/17/04, and have save \$265.49 while expecting to be on earth 1 Day, 20 hours and 10 minutes longer.

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#365 | 29 Aug 2004 | Toast (GOLD)

Wow. Last time I chimed in w/a real post for this thread was 12/14/02! Does that tell you how often I think about picking up a cigarette to smoke???? What fun to go back and re-read so many great posts thru-out this thread!

I'm proud, humbled and thrilled to report that I do not desire to smoke during any time increment of any day. I honestly can't remember that last time I did. I do know the possibility exists that I might sometime or another because I am an addict and will remain one for the rest of this lifetime. But I feel pretty darn strong in my education here that I will face that moment with grace and knowledge.



Melissa

3 Years 3 Months 6 Days 12 Hours 5 Minutes 5 Seconds Free

23890 Less

\$3,464.06 More

5 Mos 1 Wk 5 Days 21 Hrs 40 Mins 42 Secs Added

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#366 | 29 Aug 2004 | Joannetta

There are no seconds in my day that I want a cigarette. There are a few fleeting seconds that my nicotine addiction tries to sack me into thinking I want a cigarette - but I sack it back harder and faster! That's the power Freedom shares. Power to the people.

Cheers, Joanne 1.75 months nic free

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#367 | 30 Aug 2004 | Mocha

It's 10:45 pm. I was just going through my schedule and updating my calender. I was browsing through July and noticed I didn't write down my quit date (July 20th). I entered it, stoped for a second and realized.....

I had NOT THOUGHT OF A CIGARETTE ALL DAY until that point all day!!

HUGE Milestone for me!!!!

YAY!!!

Nastassja

One month, one week, two days, 13 hours, 42 minutes and 51 seconds. 486 cigarettes not smoked, saving \$107.11. Life saved: 1 day, 16 hours, 30 minutes.

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#368 | 30 Aug 2004 | A Golden Snip

I just thought that I would report that I have not wanted or thought about having a cigarette for months. These days I can associate with people who are smoking and not have a craving for one.

Snip

One year, nine months, four weeks, two days, 5 hours, 59 minutes and 16 seconds.  
14054 cigarettes not smoked, saving \$5,755.57. Life saved: 6 weeks, 6 days, 19 hours, 10 minutes.

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#369 | 02 Sep 2004 | samson19622004

About "6" seconds a day!

Samson 3 Months 3 Weeks

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#370 | 02 Sep 2004 | Eric Gold

Funny, what a coincidence I saw this parade. I just had a thought a few minutes before I got on the computer. I was playing my guitar( probably my biggest trigger) and had a passing thought of a cigarette. I guess the trigger's not so big anymore. So today was 6-10 seconds.

ERIC

I have been quit for 1 Month, 3 Weeks, 4 Days, 20 hours, 57 minutes and 49 seconds (56 days). I have saved \$319.90 by not smoking 1,706 cigarettes. I have saved 5 Days, 22 hours and 10 minutes of my life. My Quit Date: 7/7/04

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#371 | 02 Sep 2004 | Robsallpuffedout

I dont think about smoking very much.. maybe 10-20 seconds a day.

But I do think about not smoking a lot !!!!!!!!!!!

Nicotine FREE for 18 days, 11 hours, 41 minutes and 1 second

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#372 | 02 Sep 2004 | FearNothingDK GOLD

That would be a big fat ZERO!

I don't remember the last time I actually felt like I wanted a cigarette. Somewhere between 2 and 3 months I think.

Sandy - Free and Healing for Six Months, Four Days, 5 Hours and 58 Minutes, while

extending my life expectancy 7 Days and 19 Hours, by avoiding the use of 2247 nicotine delivery devices that would have cost me \$905.75.

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#373 | 07 Sep 2004 |  
John (Gold)

First let me say that I fully expect to have to deal with a thought of wanting to smoke again sometime in my future but likely not today nor tomorrow. That being said, I have not had anything that any of you would consider a genuine thought of wanting to smoke nicotine since December of 2001.

Maybe it's that I've seen and been to close to too many nicotine induced horror stories, like [Kim's](#) and [Deb's](#), to continue to cling to any remaining romantic images of the destructive three pack-a-day chemical relationship that once governed my life.



Regardless of the intensity of any thought or crave challenges you've recently experienced, or whether or not you are today able to fully appreciate that the rose is slowly opening, with each passing day the thoughts of wanting are gradually growing further apart, shorter in duration and generally less intense. There is still only one rule that 100% guarantees success to all ... no nicotine today, Never Take Another Puff!

Breathe deep, hug hard, live long! John (Gold x5)

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#374 | 17 Sep 2004 | agnesjtom 1

Probably about 3 seconds a day... However, I already had two days in a row that I didn't think of smoking at all!

☀️ Agnes - GREEN, Free and Healing for One Month, Nine Days, 10 Hours and 11 Minutes, while extending my life expectancy 2 Days and 11 Hours, by avoiding the use of 710 nicotine delivery devices that would have cost me \$291.42.

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#375 | 17 Sep 2004 | Just Gie Gold

Hard to say when the last time I wanted a cigarette was. A while ago anyway. It's such a passing thought that I don't really take much stock in it when it does happen. We went out last weekend to a private club where they still allow smoking, and I didn't even think about it all night. Too busy dancing and talking.

I'd have to guess that I crave cigarettes zero of the time and I think about smoking maybe once every couple of months or so. I think about NOT smoking a good deal more, but that's mostly because I'm here at Freedom every other day or so.

☀️ Angie - 8 Months 3 Days 14 Hours 26 Minutes 20 Seconds. Cigarettes not smoked: 1980. Money saved: C\$792.33 I've reclaimed 1 Wk 6 Days 18 Hrs 8 Mins 7 Secs of my life.

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[Next Page](#) | [Return to Top of Page](#) | [Printable PDF Copy](#)

[Page 1](#) | [Page 2](#) | [Page 3](#) | [Page 4](#) | [Page 5](#) | [Page 6](#) | [Page 7](#) | [Page 8](#) | [Page 9](#) | [Page 10](#) | [Page 11](#) | [Page 12](#) | [Page 13](#) | [Page 14](#) | [Page 15](#) | [Page 16](#) | [Page 17](#) | [Page 18](#) | [Page 19](#) | [Page 20](#) | [Page 21](#) | [Page 22](#) | [Page 23](#) | [Page 24](#) | [Page 25](#) | [Page 26](#) | [Page 27](#) | [Page 28](#) | [Page 29](#) | [Page 30](#) | [Page 31](#) | [Page 32](#) | [Page 33](#)

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[WhyQuit](#) [Joel's Library](#) [Turkeyville](#)



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