

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

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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.

#376 | 17 Sep 2004 | Eeyore6083

Zero - Zero seconds a day, I swear it. Never would I think I'd be able to say that and have it be absolutely 100% true. Zero seconds a day, maybe 3 -6 seconds a month. Jane AKA Eeyore Quit 10 months TODAY!

#377 | 17 Sep 2004 | TickTockGold

I'd have to say nill, zero, zilch, because I honestly can't remember the last time I actually thought that I would like to have one. The thought of a cigarette occasionally crosses my mind, but it is more like, hmmm, I used to smoke after doing that, and the thought is gone just as quick. I would say I have reached a definatue comfort zone, but the oldbies say it keeps getting better, so I have much to look forward to. Dina, Silver today.

#378 | 18 Sep 2004 | ScrappinAlrad

This is my first post on this site. I thought this a worthy topic to reply since I am a new and first time quitter. Yes, after smoking for over half of my life (I'm 25), this is my first and last attempt to quit. I am doing it "Cold Turkey", this is my 5th day and I have an appointment with a doctor on Tuesday for added support. Until Tuesday, I am doing this on my own. My mother and husband, who both live with me in this house, are also quitting, I have been nicotine free longer than them however. My mother is on her third day today and my husband smoked quite a few last night before his live performance for a singing contest, he was nervous. I was extremely nervous for him and I fought the urges VERY hard last night in a room full of smoke and fun. I am very proud of myself and my husband is completely freaked after peaking over my shoulder last night as I was reading through whyquit's stories :*(He has not smoked today and I hope he can do it.

As for how many seconds in` a day I want a cigarette? Well, I get the urges to smoke because it is second nature to me, I would say at least 4-5 times a day if I had a cigarette by my side, in my car, or in my pocket, I would have lit up just because I would have forgotten I am a non-smoker. So I think there are probably 150 seconds in my current days that I want a cigarette, and I have to remind myself, I am a non-smoker and the reasons why and that smoking a cigarette is stupid and will do nothing but harm for me and by the time I got one lit my urge would pass anyways.

I was one of those people that swore I would never quit, I never even wanted to try because I enjoyed smoking, I am a very hyper person and I lose concentration on things quickly, so I would smoke a cigarette to help calm me down and be able to focus on whatever task I was doing. But I'm so tired of not being able to walk upstairs without getting out of breath (Which has already subsided!!!), and the feeling in my lungs when they work so hard when I lay on my back, and I'm sick of not being able to sneeze because when I would take a deep breath in before the sneeze, it would hurt my lungs so bad it would take my breath away and I would lose my sneeze.

My dad died in December of Lung Cancer that spread quickly to his liver, I intend to speak with my Tuesday appointment about this as well, I think maybe I should have my blood tested for Cancer as well, what do you think? I pray I'm okay, my dad was in his 60's, but after reading whyquit's site, I see Cancer has no prejudice on age or anything else for that matter.

Darla - Free and Healing for Four Days, 17 Hours and 32 Minutes, while extending my life expectancy 7 Hours, by avoiding the use of 95 nicotine delivery devices that would have cost me \$18.93.

#379 | 18 Sep 2004 | Joannetta

Hi There: I've found Freedom so helpful, so sensible, so compelling and so in sync with who I really am and what I really want that I haven't wanted a cigarette for days - maybe weeks now.

As a pretty new nicotine free person I do keep my head filled with mindfulness about never taking another puff. If there is even a hint that I may have a thought about a cigarette I immediately fill the thought with "I will NEVER smoke again".

So even though there is still work everyday to stay nicotine free none of the work involves fighting urges or craves - except maybe a fleeting one once a week. Hopefully my lack of certainty about urges or craves means I've built up some good fortification against the addiction and now invest my time in fortifying my quit itself.

Cheers, Joanne adding to my life for 2 months, 1 week, 4 days, 18 hours and 21 minutes. 1475 cigarettes not smoked, saving \$649.13. Life saved: 5 days, 2 hours, 55 minutes.

#380 | 24 Sep 2004 | CyberQuitter GOLD

So far today? Zero. It's 17:01 and I have not once thought about wanting a cigarette today.

Looked out the window and saw a coworker standing where I too used to stand, smoking, but I didn't feel a twinge of desire, actually I felt sorry for him and glad for me...

Peter - Free and Healing for Twenty Days, 4 Hours and 1 Minute, while extending my life expectancy 1 Day and 9 Hours, by avoiding the consumption of 403 cigarettes that would have cost me £96.89.

#381 | 24 Sep 2004 | CMondragon21170

From: CMondragon21170 Sent: 9/24/2004 11:55 AM

No, no thank you. Don't want one.

Oh, how many times I've thought about wanting a cigarette....that's hard. I have no cravings, I have no urges to smoke, my triggers wane, and are farther and farther apart time and situation wise.

I think I thought I wanted a cigarette last weekend maybe, but then I realized I was thirsty.

D is for dork since I didn't follow directions.

Chevet' - Free and Healing for One Month, Five Days, 16 Hours and 15 Minutes, while

extending my life expectancy 9 Days and 21 Hours, by avoiding the use of 714 nicotine delivery devices that would have cost me \$187.58.

#382 | 25 Sep 2004 | LEHarris52

Ummm.....I'll say 20 seconds a week. 😊

Laura in KY

I have chosen not to smoke for 7m, 2d, 1 hours and 41 minutes which has saved \$645.30. I have refused to poison my body with 8,604 cigarettes and added 4 weeks, 1 days, 21 hours, 0 minutes to my life.

#383 | 03 Oct 2004 | Conniesunshine

After 32 years of puffing away I just went past 4 weeks of quitting! I've noticed the urges getting further apart and fewer with each passing day. I feel the ping, ping, ping sometimes after dinner now. A few days ago I would get the wants in the morning with coffee, mid-morning, lunch time and evening. That's about 12-15 seconds a day.

I'm not uncomfortable now like I was for the first days and I know that it will get better.

#384 | 03 Oct 2004 | WideEnlightened

I quit smoking 9 weeks and 2 days ago...after 46 years - non-stop.

In the beginning I craved a smoke from the time I woke up until the time I fell into some sort of half-sleep. Then I did that again the next day. For the first week, I locked myself up in my apartment, clung to my computer, and devoted what ever concentration I had to this site. Second week a lot better. Now.....I think today, I thought about having(a memory of wanting) a cigarette two or three times briefly. Maybe a total of 10 seconds each time. I never would have believed that could lhave been possible for me. I was totatally prepared to die sitting at my computer that first week, if need be, rather that go

on smoking in a body that would no longer tolerate it even one more day. 🍌 Thank you Freedom Fighters.

#385 | 24 Oct 2004 | magpie

If you'd have ask me this question, even just a few months ago, I wouldn't have believed that my answer, today, would be, "I don't remember the last day I wanted a cigarette"???.....I suppose it's been a couple of months, since I thought I might like a "coffin nail".....But, Praise God.....I have been quit for 8 Months, 4 Weeks, 55 minutes

and 40 seconds (272 days). I have saved \$1,020.14 by not smoking 6,800 cigarettes. I have saved 3 Weeks, 2 Days, 14 hours and 40 minutes of my life.

Newbies....Please know, that despite all the changes you go through in the beginning, this too shall pass, and you'll end up victorious, delighted w/yourself, and free from the horrible bondage you once endured!!!

#386 | 24 Oct 2004 | Charlee GOLD

It is a rare occasion that I even think about a cigarette - really, it's true. After 35 years of smoking, I might think of a cig for 5 seconds in an entire week. Some weeks, less than that. It was quite a bumpy road in the beginning, but it is a delightfully smooth ride these days!

Charlee

I have been quit for 5 Months, 6 Days, 22 hours, 40 minutes and 24 seconds (159 days). I have saved \$519.81 by not smoking 3,198 cigarettes. I have saved 1 Week, 4 Days, 2 hours and 30 minutes of my life.

#387 | 25 Oct 2004 | Katielucky

I can honestly say that I do not want a cigarette at all, not even one second of any day for a while now. I have thoughts that are brought on by situations when I used to smoke, but it is no longer appealing to me. I feel lucky and fortunate that I don't have to fight cravings. If one should come along I will come here, get my support and NTAP!!

Katie, Free & breathing easy for two months, four weeks, one day, 22 hours, 23 minutes and 36 seconds. 3677 cigarettes not smoked, saving \$735.46. Life saved: 1 week, 5 days, 18 hours, 25 minutes.


#388 | 26 Oct 2004 | Jedidiah The Silver

I occasionally get "urges" more than I get "cravings". I'll be sitting there and I will remember smoking during this "time" (I just ate, finished a job etc.) but when I stop to analyse it the thought vanishes under scrutiny. I would say that I get a two or three of those thought in a month now.

Dale - Free and Healing for Six Months, Twenty Days, 22 Hours and 46 Minutes, while giving myself another 9 Days and 4 Hours to spend with my children and future grandchildren, by avoiding the use of 2651 stinking cigarettes that would have cost me \$1,106.90 as well as my life.

#389 | 30 Nov 2004 | Toast (GOLD)

I can't remember the last time I craved a cigarette.
But I can remember the last time I was thankful I don't smoke anymore - right now!

 Melissa
42 months

#390 | 30 Nov 2004 | Georja1952

WELL, let me think.... uummmm.... I have to say that I probably have THOUGHT that I really WANT a smoke a COUPLE of times this month. Each thought was for about 60 seconds.

Each time I thought I wanted a cigarette, I would question why I had that thought and realize that it was because I had seen someone smoking and brought back the memory of having one. I see people smoke all the time, but occasionally I think about wishing I could have ONE, but ONE=ALL!

So I recall my reasons for quitting, because they are still valid today as in the beginning of my quit journey. I am proud that I am stronger than the addiction. HOURS and DAYS go by without ever WANTING a smoke and it feels unreal after living with them for years. I have disassociated myself from those so-called friends and I no longer NEED them.

All NEWBIES, you can do this! Set your determination and attitude on 'HIGH' and keep it there, this is for life... YOUR LIFE! YOUR HEALTH!

ONWARD... NTAP

Georja

8 months, 21 days, 13 hours, 11 minutes (266 days+)

5330 cigarettes NOT smoked!

\$850.13 saved

Increased my life expectancy by 18 days, 12 hours, 11 minutes

#391 | 01 Dec 2004 | CharmedDancer86

I'm finally going to reply to this because at this point I think it's relevant for me.

I read this thread a few months ago, right before my cat died very unexpectedly. I had to drive her two hours to an emergency clinic. I was very upset, stressed to the max and driving alone to boot. I felt as if I was obsessing about smoking while I was driving...so I put a stick it note on the dash board and made a mark every time I thought about smoking (I felt the need to get some perspective). After a 4 hour round trip I only had

about 6 marks on the post-it note. And I'm sure none of those thoughts lasted more than a minute.

Now I'm in a totally different situation. I have two employees living with me who smoke. Now they don't smoke inside...they always go outside...but it's obvious when they are going outside they are going to smoke...and they come back in reeking, I have to admit that having them around is "triggering" more "thoughts" about smoking, but not necessarily craves. Every once in a while I have a crave and it rarely lasts more than a few seconds, but more times than not as I watch my employees walk out the door to go smoke, I thank God that I am no longer going with them, I don't need to feed my addiction anymore, I am finally free.

Kerri

#392 | 02 Dec 2004 | Jamie

I quit smoking 3 weeks and 2 days ago. At this point, I get an urge to smoke for maybe 30 seconds a day during which time I still start the preparation of a nice cup of hot cocoa. I want to say the articles I've read here at Freedom have been a HUGE help in getting past the cravings, as every time one has come along, I simply remember what I've read here. I'm happier and healthier than I was 3 weeks ago. I know it seems rough now, but hang in there! It ****does**** get better!

Jamie - clean for 3 weeks, 2 days, 14 hours, and 40 minutes in which time I've totaled 472 cigarettes not smoked, saving \$118.01 (with which I bought a sweet new canine friend named Cheyenne). Life saved: 1 day, 15 hours, 20 minutes which I will be spending with my adorable children !

#393 | t 02 Dec 2004 | Oliviadawg

Hey Newbies! I'm not very far out of newbie-hood, myself, but it's really surprising how rarely I want to smoke.

Even when I'm thinking about smoking, I'm almost never really WANTING a cigarette anymore -- for me they're just moments of realizing, "This is the point when I would've smoked a cigarette if I was still smoking." These moments probably average about one a day and last anywhere from two to thirty seconds. (Didn't have one today, however, which is becoming more common!) Again, though, I would categorize these moments as realizations rather than craves.

I think the last serious crave I had -- when I really thought about smoking one -- was Thanksgiving, one week ago. My old smoking buddy hosted dinner at her house and after a couple of drinks I thought about joining her, but only for a fleeting thought. Five seconds, tops, before the little voice in my head reminded me that I just don't have the

luxury of one puff. Keep reading & that voice will become very reliable in your weak moments!

Olivia

Quit for 1 Month, 2 Weeks, 3 Days, 21 hours, 16 minutes and 9 seconds (48 days). I have saved \$117.32 by not smoking 586 cigarettes. I have saved 2 Days and 50 minutes of my life.

#394 | 02 Dec 2004 | SmokefreeLeeTron

Hola Newbies! Welcome to freedom!

In all honesty, at 8 months and 18 days quit, I almost never WANT a cigarette. I think about smoking (it's hard not to in a world where so many are addicted), but mostly with a sense of relief that my addiction has gone dormant and that I am doing the best thing for myself and my family by not smoking.

Every now and then though, my inner junkie stirs and I have a fleeting thought (memory?) of that "best" cigarette I ever smoked and I have to confess that I do "want" one. But this "urge" is always fleeting and I am way too educated about the mechanism of relapse to even consider giving in and smoking "just one." Even when I am snot-slurping drunk, which isn't that often, I know better.

Also, as more and more days pass smoke free, the "urges" are being spaced further and further apart. This means that the number of seconds "a day" I want a cigarette is actually down to fractions of a second after you do the math.

To the newbies whose "urges" are still frequent and sometimes strong; hang in there. Time is on your side. I promise you that in 6 months time, the number of seconds in a day that you actually want a cigarette will be fractional as well.

Quitting may not be easy, but it is simple: NTAP! Don't feed the monkey and the monkey will go comatose and stay that way. The ONLY thing that will wake him up is if you ingest nicotine. And I know that you are way too smart to do that...

Lee

I Quit Eight Months, Eighteen Days, 10 Hours and 7 Minutes ago, while extending my life expectancy 36 Days and 10 Hours, by not smoking 10497 cigarettes that would have cost me \$1,856.91.

#395 | 12 Dec 2004 | Dionne (gold)

"How many seconds a day do I want a smoke?" You sure know how to make a smile break out over my face. NIL! Nada. Nunca! I bow to the supremacy of humbleness of it

all. (Awkward sentence but you get my drift.)

Yours always for never taking another puff, Dionne, 4 years and a couple of months

By the by, my BP reading the other day was 115/68. When I smoked it was 138/90. Some difference humn?

#396 | 12 Dec 2004 | Jean

I really enjoyed reading this post and it tells me that yes there is freedom in sight. I find that I have less urges every day and they are usually caused by what you call triggers and am learning to handle these by reading and educating myself on nicotine cessation. Thanks everyone for all you wonderfull suggestions. 😊

Jean

Nicotine free for 23 days 15 hours

I have saved 2 days 1 hour 17 minutes

not smoked 592 death sticks

saved \$177.063

I have approximately 10 urges to smoke per day which only last a few seconds at a time! 😊

#397 | 13 Dec 2004 | sostark

I certainly wouldn't call it 'wanting' a cigarette but I do still get occasional urges, usually caused by a fresh trigger situation. Last week I seemed to go through a few days where I had them 2/3 times a day but then I haven't had any at all over the weekend.

It's all swings and roundabouts really. I can go for a couple of weeks where I have none at all and then seem to go through a rougher patch but they are only fleeting thoughts. Nothing can take my lovely quit away from me, certainly not a stinky old stick.

Steph - I have been quit for 6 Months, 4 Days, 20 hours, 35 minutes and 42 seconds (187 days). I have saved £1,127.14 by not smoking 5,635 cigarettes. I have saved 2 Weeks, 5 Days, 13 hours and 35 minutes of my life. My Quit Date: 08/06/2004

#398 | 13 Dec 2004 | tumnisbb

Maybe once a month the thought might cross my mind for about 10 secs. until i remind myself of why i quit in the first place . I love being smoke free!!!! And thanks to this site i have the tools I need to stay that way . NTAP I have been quit for 7 Months, 1 Week, 12 hours, 52 minutes and 22 seconds (221 days). I have saved \$886.13 by not smoking 4,430 cigarettes. I have saved 2 Weeks, 1 Day, 9 hours and 10 minutes of my life. My Quit Date: 5/5/2004

#399 | 13 Dec 2004 | Cedric Gold

That good question. I have not had cigarette in 1 month and I have 1-3 urges per day, which usually last less than a minute. I think about something else and remember why I quit.

Cedric0088

#400 | 04 Jan 2005 | OBob Gold

zero... 🍵

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Page created January 3, 2018 and last updated on January 3, 2018 by [John R. Polito](#)