

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.

#576 | 30 Jan 2007 | ChristineinNC

There are two trigger times that make me think about a cigarette ~ first and mainly is when I see someone smoking. Those thoughts last literally 2 or 3 seconds and I immediately feel sympathy to the person choosing and therefore feeling trapped in their addiction. Secondly, and these happen randomly out of no-where (maybe once or twice an month), I will feel the "I want something" type of emotion. It happens for just one second and is no way uncomfortable.

I have to say that I had to relearn every aspect of my life without a cigarette. I lived all of my adult life smoking and it was quite the adjustment to experience life without one. Once I got through the meals, driving, vacations, dramas, etc., etc., etc., without a cigarette I didn't associate smoking with them anymore.

Anyone can choose to stop smoking. We all have to make choices everyday and face the consequences. Choosing to not smoke has nothing but good consequences, it frees you to participate in your reality and prevents "just existing". Stick with it, you will be

amazed at the results, I sure am.

NTAP 👍

Christine

I have been quit for 1 Year, 9 Months, 19 hours, 21 minutes and 9 seconds (640 days). I have saved \$3,844.83 by not smoking 12,816 cigarettes. I have saved 1 Month, 1 Week, 6 Days and 12 hours of my life. My Quit Date: 04/29/05 5:00 PM

#577 | 02 Feb 2007 | mslindy6

NONE 😊

Linda - Free and Healing for One Year, Ten Months, Thirty Days, 22 Hours and 56 Minutes, while extending my life expectancy 48 Days and 17 Hours, by avoiding the use of 14039 nicotine delivery devices that would have cost me \$5,780.80.

#578 | 26 Feb 2007 | JoeJFree Gold

The question Joel poses of "How many times a day do I WANT a Cigarette (or cigar, or pinch or pouch - yeah I did 'em all)?" Well "Now Hear This" be you lurker or Newbie or Greenie or more - I want a cigarette ZERO times a day and it's been that way for a good while.

JoeJ Free - NicotineFree and Living as I was meant to be for Two Years, One Month, Fifteen Days, 22 Hours and 52 Minutes, while reclaiming 67 Days and 10 Hours, by choosing not to use 19424 nicotine delivery devices that would have cost me \$3,961.35.

#579 | 03 Apr 2007 | JoeJFree Gold

Wanting vs. thinking, there is a difference

Not needed, wanted or missed 20314 deadly dose delivery devices, and retained \$4,201.60 by choosing to remain nicotine free as I was meant to be for 2 years, 2 months, 23 days, 13 hours, 41 minutes and 51 seconds Ago (812 days) Most importantly I've reclaimed 70 days, 12 hours and 51 minutes of precious remaining life time. 🎁

#580 | 01 May 2007 | ChristinenSam

I rarely think about smoking anymore. I smoked for 17 years and my brain seems to have forgotten about it. Its filled up with new and better things, but one thing I won't

forget is to NTAP. 

Four years, 6 hours, 26 minutes and 10 seconds. 30686 cigarettes not smoked, saving \$12,274.65. Life saved: 15 weeks, 1 day, 13 hours, 10 minutes.

#581 | 11 Jul 2007 | Just Hannes

I saw a post about a person wanting a cigarette.

I never want nicotine anymore in my life because I want to live.

I want a cigarette ZERO times per day. I wanted that from the beginning and until now I succeeded and 100% will succeed forever.

Look very good at smokers. They smoke because they have to, most of them don't want to but have to. I remember this strong phrase somewhere in Joel's library but I can't find it anymore: Why do smokers smoke? Because they have to.

Wanting vs. thinking, there is a difference

Frits (7 months+)

#582 | 12 Jul 2007 | Kris000

today is the day i hadn't thought once about having a cigarette until i read this post! i haven't 'craved' a cigarette in weeks and weeks and weeks and weeks! i usually 'think' it might be time to have a cigarette about once a day now.....it's the old habits.....still signaling.....but ever so faintly...and the thot lasts just a second or two. and then i smile and sometimes even laugh out loud because i am done smoking and i am comitted to NTAP. kris who is clean and smober at 82 days.

#583 | 12 Jul 2007 | JD101351

Thought about it exactly twice today.

Not when I woke up

Not when I had coffee

Not when I got in the car for the 1 hour drive

Once when I saw my subordinate who himself quit 10 days ago and he asked me for gum.

Not when I worked with him for the next two hours

Not when I left him for the 1 hr travel home

Not before lunch
Not during lunch
Not after lunch
Not when I exercised after work
Not when I had a pre meal cocktail
Not when I had dinner
Not after dinner
Twice when checking my email and seeing the Freedom site on my favorites.
I might think about it tomorrow.

Really, you get to the point where you don't think about it.

My Stats: Smoked and dipped for 25 years. I have stopped Nicotine for 5 months and 16 days, avoiding the FOUR THOUSAND EIGHT HUNDRED AND NINETY cigarettes I would have roasted. It was tough the first few weeks then not at all difficult. That amount of smoking, pack and a half per day, is wrong.

#584 | 14 Jul 2007 | lfrogger

1-3 cravings/triggers a day/30-90 seconds a day/
Embracing life one day at a time!

Lou
3 weeks and 4 days nicotine free
declined 1,043 nicotine feedings
Saved \$182.44

#585 | 15 Jul 2007 | ANGELINA F

Maybe 1 craving per day and it lasts 3-5 seconds

-Angelina
smoke free: 3 months, 1 week, 6 days

#586 | 15 Jul 2007 | saphares

I've always said I'm my own worst enemy....

I've had no physical cravings that I recognize in over a week (I'm being conservative here).

I've had psychological ones as I've encountered situations that I would have 'handled' with a cigarette or 5. The worst one was last week when I got the EOB from

my ER visit with the ear infection....and my out of pocket costs were less than half of what I was expecting....I would have celebrated with smokes! But it didn't last as long as I thought.....

I crave less than 5 minutes a day. Thinking I still do....like I've accomplished a task and feel I deserve a break...the "wouldn't it be nice to kick back with a smoke" thing. But that's not a lot either.....

I'd say 15 minutes max for both, for 18 hours of being awake.

I think I spend more time in the shower than I do thinking about smoking!!

Stacy - Free and Healing for One Month, Three Days, 23 Hours and 1 Minute, while extending my life expectancy 3 Days and 12 Hours, by avoiding the use of 1019 nicotine delivery devices that would have cost me \$267.80.

#587 | 23 Jul 2007 | juliabrown9121

I can honestly say that yesterday I only had one real craving and it lasted maybe 10 seconds. I'm still taking it one day at a time, but as the days and weeks go by, this is much easier than I ever imagined.

- Julia, 1 month 9 days

#588 | 24 Jul 2007 | Kris000

NONE

None today, none yesterday, none for more than I can almost remember! Life is good as a person who will NTAP
kris @94 days

#589 | 25 Jul 2007 | Blue1451

To be honest??? Never thought of it once today!!!! Oh ya baby!!!!

Tracy
484 day's into recovery

#590 | 25 Jul 2007 | Ifrogger

It only gets better! I posted a response to this on 7/14 . I said 30-90 seconds a day (1-3 cravings/triggers). Since that post, I have gone to sleep several nights thinking "hey, I didnt even think about having a smoke today"! I never thought in my wildest dreams I would go a whole day wthiout even a thought for a smoke. TOO COOL!!!!

This Freeway journey I'm on just gets better and better.

Lou
35 days free & healing

#591 | 08 Aug 2007 | Joel

From above:

I am kicking this string up now because I want the new members to be reading through it. It is an important string showing how over time the thoughts for cigarettes do really become infrequent.

I also want to note that the purpose of this string is for new members to read the experiences from a lot of people what it is like for them over time, not for new members to write what it is like for them the first few days or weeks of quitting.

Joel

#592 | 08 Aug 2007 |Jacqui672 Gold

Today, I haven't had one second where I even thought about cigarettes much less wanted one. 6 days ago at the beach, sitting with smokers, I thought, "Oh A cigarette would be nice." That thought lasted about a minute or so.

On average, I probably think about wanting a cigarette a few seconds every month. I go about 20 straight days every month not even thinking about it.

One year, four months, one week, four days, 1 hour, 5 minutes and 53 seconds. 19921 cigarettes not smoked, saving \$5,478.50. Life saved: 9 weeks, 6 days, 4 hours, 5 minutes.

#593 | 10 Aug 2007 | tex061355

To all newbies, NOT once today for this old man. Almost 9 months into my quit. Stick with it and y'all will respond the same way. That's a Texas guarantee.

Do or do not, there is no try.

#594 | 03 Oct 2007 | starbirder

ZERO seconds a day of Physical Craves since 1st week of quit.....

A few seconds of Psychological ones come at times of extreme stress, not for nicotine, but for a "comfort feeling", usually a few deep breathes help.

NO thoughts of returning to nicotine. I was a 40 year old user who FINALLY SAY NO MORE, I WANT TO LIVE!!!!!!

Use your brain, the most powerful organ we have, and breathe deep, this advice helped me with my freedom journey.

Star - Free and Healing for Two Months, Twenty Days and 49 Minutes, while extending my life expectancy 2 Days and 19 Hours, by avoiding the use of 810 nicotine delivery devices that would have cost me \$206.11.

#595 | 03 Oct 2007 | Chipits GOLD



"So do thoughts of smoking ever arise? Sure they do. I've also changed thousands of diapers and that might cross my mind sometimes too. I know, I know, one is not an addiction, but they both stink! Is there any residual chattering in the head? Like a train whistle, the babble faded into the distance long ago! What do you call a rare thought of smoking? Just spam, that's all. Delete."from my Gold post in July 07..

So, yes, I have fleeting thoughts about smoking, in that I am aware of how long I have been quit and how relieved and happy I am that I did quit. Actually, if I choose to, I suppose I could force myself to think about having been quit all day long, or not even bring it to mind at all. But, this is what is important for current smokers or newbies to hear - Do I still crave cigarettes? No,no, no, because there is no need to top off my nicotine levels because I am not in physical withdrawal and haven't been since the first week I quit smoking. No,no,no because most of any triggers and temptations for me have been faced as an ex-smoker. (such as getting in my car, or morning coffee or after meals, or whatever....) We don't have to face these things repeatedly 'ad nauseum' for our brains to get the message. We are fast learners and healers!

And those life-style triggers are not of the 'got-to-have-it-now' CRAVE variety, but of the thought variety. BIG DIFFERENCE. Hope this helps to ease some of the perceived fears of quitting...it is not as horrible as your addictive mind wants you to believe it is. Quitting is actually liberating! I wouldn't be here today after 39 years of smoking if quitting nicotine was impossible, excruciating or perpetual. This site wouldn't exist if nicotine had the ability to keep us a prisoner for life. I am free and it does feel good.

Food for thought....Is the heroin addict addicted to a method> the needle, or to the drug?...is the alcoholic addicted to the bottle or the liquid inside?....is the person addicted to pornography addicted to the books, videos or computer or to the content he is viewing? Are you addicted to cigarettes, dip or patches, or to the nicotine in your favoured method of delivery? Addiction is about the substance; the method is merely a way to get it into your body. It is we who, through our chosen way of getting nicotine, form habitual rituals in our addiction to nicotine. It is we who can break the grip of nicotine with education and motivation.

A long answer to the thread question..... no, I don't want a cigarette ANY seconds in a day....I don't crave....I don't require....any nicotine in any form!!! Thinking, wanting or craving are vastly different things.Knowledge has enabled me to value my freedom and my whole being is grateful.

Remembering from whence I came keeps me thankful. Forgetting to remember this is one aspect of comfort. Freedom is priceless!

Thank God I'm Free! You can be too if, for today you abide by the concept, No Nicotine Today, and then repeat tomorrow and then the next day.....💡



Wendy 💡 Using my smarts! Healing my parts! for One Year, Two Months, Twenty Seven Days; I've not wasted 51 Days and 22 Hours by smoking, and I have not used 14948 death tubes which would have been \$5,638.68. up in smoke.

#596 | 07 Oct 2007 | jakki8368

Thoughts of smoking - yes - I see people smoking, my friends still smoke, so yes I sometimes think of smoking. Do i want a cigarette???? Do you know I don't actually think that I have actually thought 'I want a cigarette' at all over the past couple of days - how amazing is that!!!!!!!

I don't want a cigarette - but more importantly I know that I don't and I never will NEED a cigarette!!!!!! And I am not even green yet. So if it's the first few hours or days into your quit hang in there because you will be amazed at how quickly things start to level out and it all doesn't seem so bad.

Thanks Freedom! Take care.

Jakki 😊 - Free and Healing for Twenty Five Days, 22 Hours and 6 Minutes, while extending my life expectancy 2 Days and 16 Hours, by avoiding the use of 778 nicotine delivery devices that would have cost me £194.62.

#597 | 30 Oct 2007 | constellar1963

Today, I wanted a cigarette for 0 seconds.

But last week when I lost my purse and was stranded far away from home with no cash, ID's, credit cards or keys, a good samaritan offered me the use of his cell phone -- and he offered me a cigarette! I craved that cigarette intensely for about 2 seconds and almost grabbed it. But I knew if I even touched the thing, I would be in danger of trashing the past 485 days of freedom for the sake of a 2-second crave. If I did that, I could no longer proudly say I had reached 7,283 cigarettes not smoked, \$1,455 of money saved and 1 month, 25 days and 15 more precious hours of life to breathe in.

It turned out to be easy to say no, and the craving left me as quick as it appeared.

-Julie

#598 | 31 Oct 2007 | swrld

Maybe at the very most about 60 to 90 seconds a day. They aren't really craves more just a thought like " I use to smoke a cigarette now" or " I haven't thought about smoking for a few hours"

Kristi

1 month and almost a week

#599 | 01 Nov 2007 | System Pilot

About once a month a situation will come up where I think about smoking, but it only lasts a second or so... So I will say about 2 seconds a month or roughly .067 seconds a day.

Free and healing for 1 Year, 3 Months, 2 Weeks, 1 Day, 2 hours and 5 minutes, while extending my life expectancy 1 Month, 1 Week, 2 Days, 23 hours and 30 minutes, by avoiding the use of 11,802 nicotine delivery devices that would have cost me \$2,065.36.

#600 | 01 Nov 2007 | SmokefreeLeeTron

NEVER!

The idea of smoking repulses me at this point in my life.

It has been months since I encountered a "new" old trigger. Embracing craves and reconditioning really works.

Also, the novelty of quitting has worn off by now too. I'm just a non-smoker...

Life goes on without smoking. A much better life, thankyouverymuch!

Put 'em down, leave 'em alone... NTAP

Beavis

3 years 6 months quit

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