

## 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.

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#701 | 18 May 2010 | soulagement

E\_Really and truly! And even when I do, I just think of how much I would regret going back to such a nasty activity. The cheap thrill of a smoke making my head spin for a couple minutes is sooooooooooooo not worth it. NTAP

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#702 | 15 Jul 2010 | Sarah52

ExSmokerSue said it right. I could not have said it any better.

After 40 years of a pack-a-day, I'm 245 days quit and will never to back there.

1= ALL

that's \$300 a month!!

NTAP!!

Sarah52

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#703 | 15 Jul 2010 | RogerDonaldson

Zero seconds per day. Except for Very Rarely I want one for like a second, but not even like actually really wanting one. It's more like a phantom thought. No problem whatsoever. Actually I'm still proud that I quit, and I'm happier for it every day.

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#704 | 16 Jul 2010 | Klinka

I've been quit for 3 weeks, 5 days and 14 hours. I do think about smoking every now and then, but I definitely don't think as much about smoking as I did when I still smoked 30 cigarettes a day.

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#705 | 04 Sep 2010 | Mslindy

100% comfort, zero cravings, life is good!!  
Though I will always remember [NTAP!](#)



Mslindy, thankfully quit for 5 years 4 months and 4 days...  
amount of life saved, priceless!

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#706 | 16 Sep 2010 | jaysohn

I can honestly say that I never want a cigarette. Sometimes I will get a random thought about having one, but it is quickly gone once I remind myself that I don't smoke any more. It's sort of weird, it comes on me at times when I kind of forgotten about quitting (like not having any craves or thoughts all day and then experiencing something that u used to always do with a cigarette). Jason Free from nicotine for 5 weeks 3 days and 22 hours

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#707 | 17 Sep 2010 | tagsgirl

Still haven't wanted one and it is day 13, yes on a Friday, lol, I have thoughts like "gee I would have just lit up", "again", "another instance". What is more amazing is the thoughts that come "I HAVEN'T THOUGHT OF A CIGARETTE!". Not craves, thoughts.

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#708 | 02 Oct 2010 | momof8

I never want one. Oh I may occasionally think I should be having one. Those trigger times when I would have been having one. But I can't say I want it, it is just the thing to do. Or would have been when I was smoking. Even those thoughts have become rarer and rarer.

I have been totally amazed at how quickly I went from needing one every couple of hours (if I was doing good) and having no desire for one.

I am thrilled to be smoke free.

Leigh - Free and Healing for Twenty Two Days, 14 Hours and 37 Minutes, while extending my life expectancy 1 Day and 23 Hours, by avoiding the use of 565 nicotine delivery devices that would have cost me \$155.58.

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#709 | 16 Oct 2010 | JimH

Like Leigh, I am amazed at how quickly I went from needing a cigarette every hour or less to going days without wanting one at all. I was a very heavy smoker (3 to 4 packs a day) and I expected years of wanting to smoke. I've been free for 11 weeks now. I had my first day without any urges a least 2 weeks ago. I can't remember the last time I wanted a cigarette. At least a few days ago. For the last 3 or 4 weeks the rare urges have been so easy to deal with that I think they pass without me remembering I had one. I know I can and I know I will get through 3 minutes without nicotine, so why dwell on it?

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#710 | 18 Oct 2010 | shaded

Lately, i have reached this stage : I don't want a cigarette because i view nicotine as addictive and all the other chemicals laced with it as poison. I still think of cigarettes/nicotine but this is usually when i read up on site to keep vigilant or when my boyfriend comes from outside smelling of smoke. Apart from that, i carry on with my day as norm without giving nicotine a passing thought. Donna, Quit date : 16th March 2010

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#711 | 18 Oct 2010 | Sarah52

After smoking for 40 years, I have been quit for almost one year (11 months, 2 weeks or so).

I never want, think, or crave nicotine any longer.

Not always easy, but simple. NTAP!! you CAN do it!!

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#712 | 19 Oct 2010 | tagsgirl

## Never!

Terri - Free and Healing for One Month, Fourteen Days, 8 Hours and 32 Minutes, while extending my life expectancy 1 Day and 20 Hours, by avoiding the use of 532 nicotine delivery devices that would have cost me \$106.65.

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#713 | 21 Oct 2010 | Lauriemi

Smoked for 30 years ack!!! I set myself free 1 month 21 days ago, and have saved \$383 dollars. I feel great and confident. 😊 I do have thoughts once in awhile now about a cig; like after working outside. However its NOT me wanting a cig, it's just a shadow of an old habit.

So to put seconds on that? Maybe 5 sec. A glass of water taste much better:)).

Laurie

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#714 | 01 Nov 2010 | RogerDonaldson

Honestly, some rare days I feel like smoking (like today). I don't think so much about the cigarette, but I get that feeling I had just before I'd have a smoke. But it isn't bad at all. You just have to realize the fact that it really isn't a big deal. It's totally manageable. I found that the best way to deal with it is to eat healthy, exercise (stuff I haven't done for a little while! Gonna get back to it soon; I can't wait!), feel good about yourself, and understand that by not smoking you are in a constant state of healing in every conceivable way. Everything is good about not smoking. Even when I had been going crazy for a smoke, I did not regret not smoking for a split second. Actually I feel blessed that I have the opportunity and the strength to quit. And this is coming from someone who looooooved smoking.

You want to be pink inside, right? You don't want to be filled with lung-constricting black stuff.....Do....you?

You know you don't breathe out all the carcinogen-filled smoke you breathe in with each cigarette, right? You keep a huge amount of that smoke inside your lungs. You're not doing yourself any favors with any single puff of those drug-filled sticks of disaster you call "cigarettes".

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#715 | 16 Nov 2010 | Double A Ron

I haven't posted here in a long time, months even.

I don't know my stats or how much i've saved ( a lot less then most because i used to get my smokes from the reserve...cheep cheep) I don't know how much longer i will live.

What i do know is that i probably average around 4 seconds a day. On December 10th i will be celebrating one year smoke free. just under one year of having my right mind back. Almost one year of being home.

I say on average because most days i don't think about smoking. My sister just had a failed attempt to stop...i think 5 days. When she was going through the first 3 we were constantly messaging each other. This forced me to revisit my first 72 hours and it was very hard on me. I really felt the first real cravings i had had in months trying to kind of coach her through them, as she didn't have access to the net, i did all i could to pipe as much knowledge to her that i could from here and from whyquit.com.

I don't think much about smoking these days...what really gets to me these days are the moments where my brain tells me "oh it would be nice to have just one right now". It's not that they are powerful cravings or even real desires...but they happen so infrequently that they are starting to catch me off guard. These are scary moments but thanks to this group, i've been equipped with a tough mental game. I've said previously that when it comes to quitting, my sprint is strong and my marathon is weak. So far my marathon is good.

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#716 | 17 Jan 2011 | Guest

I have been quit for 1 Month, 1 Week, 4 Days, 10 hours, 11 minutes and 38 seconds (42 days). I have saved \$174.98 by not smoking 636 cigarettes. I have saved 2 Days and 5 hours of my life. My Quit Date: 12/6/2010 6:30 AM

The thought of smoking is not even a daily occurence anymore, when I do think of it it is not an urge but just a thought. It does get better, at one time I didn't think it would but it did.

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#717 | 18 Jan 2011 | Amethyst

To the newbies here, after a while you will think of cigarettes yes but think how lucky and great you are not to have to smoke them anymore. Not one puff ever and one day at a time and read everything here, it works!

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#718 | 18 Jan 2011 | mary



Actually, I dont think about it, very rare. 20 months of nicotine free. Have a quit calculator, hardly ever look at it , but I know I have saved a great deal of money and my life. I love whyquit. If I can do it, anyone can. I am a nicotine addict, I know. Always will be. I know one puff will put me in a state of smoking more than I ever did. This is why I choose to not smoke. Breathing is fun again! One day at a time, one minute at a time.

You can do this!

mary

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#719 | 18 Jan 2011 | Sarah52

I have been nicotine free for 1 year, 2 months

I don't think about them anymore. So I have zero seconds per day that I still "want" nicotine.

there are some situations that occur, where i laugh and say (or think) "this would be a cigarette moment".

But it's just something I USED to do. I used to water ski in my younger days too. But I do neither anymore.

NTAP  
1=ALL

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#720 | 25 Jan 2011 | NemoToid

Today is pretty good, the thoughts about cigarettes today are thoughts rather than craves. One day at a time.

No Nicotene for 3 Weeks, 4 Days, 14 hours, 53 minutes and 44 seconds (25 days). I have saved \$79.08 by not smoking 333 cigarettes. I have saved 1 Day, 3 hours and 45 minutes of my life. My Quit Date: 12/30/2010 11:00 PM

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#721 | 01 Feb 2011 | gusdimopoulos

Hello everyone. Tonight ends the fourth day without nicotine and tomorrow morning is the start of day five. My experience so far has been tough, but tolerable. I'm 35 and have been smoking a pack/day since 17. I am married and have 2 beautiful kids. Every cigarette I have smoked since my daughter was born 5 years has plagued me with guilt, however, never enough for me to stop once and for all. I'm a shameful smoker, which means I don't do it in front of the kids, or most work colleagues, or most people come to think of it. That's been tough as well, because it only adds to the shame and embarrassment.

Up until 4 days ago, I felt completely powerless in the face of nicotine, like I was especially weak to it's powers - but reading this and other sites has helped me to realize that it nicotine has done the same exact thing to all of us. Your words has been very inspiring, and I thank you.

So, I bid everyone a good night as I look forward to what day 5 will bring me.

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#722 | 02 Feb 2011 | Joel Spitzer

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 not to over time, not for new members to write what it is like for them the first few days or weeks of quitting.

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#723 | 17 Feb 2011 | Scubafee

Absolutely NO SECONDS! Yeehaa 

I never think about it ... well only to thank my lucky stars that I don't have to think about it ever again!

Keep up your quit no matter what ----- Never Take Another Puff!

SF

xx

I stopped smoking on Wednesday 4 February 2004 at 12 noon GMT  
It's been 367 weeks, 0 days, 22 hours, 7 minutes since my last cigarette  
I have saved £15,419,53 by choosing not to smoke 64,248 cigarettes  
I have saved 70 weeks, 0 days, 18 hours and 48 minutes of my life!

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#724 | 17 Feb 2011 | Mandevilla

Scubafee - what you wrote is SO awesome. I sort of got the feeling recently in my 48 day quit that there may.....just may....come a time when I don't even think about smoking! And you have confirmed that that may be a reality some day. I know each person is different, but I can relate because there are so MANY hours a day that I don't even think about it - and sometimes when I do, it is only to say "whew - so glad I do not do that any more."

Lisa

quit 1-1-11 and smiling

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#725 | 21 Feb 2011 | Diane Joy

WOW and i do still have thoughts of smoking and ONLY by MY Higher Power i have NOT ONE PUFF!!! i play MY thoughts ALL THE WAY THROUGH AND I HAVE NEVER HAD ONE CIGARETTE IN MY SMOKING CAREER!!! So i use the Serenity Prayer and MY thoughts MOVED ON TO FOCUS ON THE FREEDOM I HAVE TO BREATHE BETTER AND DEEPER!!! I have replaced smoking with AREOBIC WALKING and this is MY story i put the DVD in and have continue EVERYDAY 5 miles a day 6 days a week and i remember when i want to GET LAZY AND I AM NOT AS BAD AS I USE TO BE - i smoked EVERYDAY!!! Thank you all for letting ME share and i am so Grateful to be NICOTINE FREE ONE MOMENT AT A TIME!!! Today is a GREAT DAY FOR ME



personally and it has been a long TIME SINCE I was HAPPY I AM NOT SMOKING TODAY!!!

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