

## 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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#801 | 05 Jan 2015 | Mommiana

Saw this thread bumped back up to the front page. I had perused through it earlier in my quit. I remember thinking, "wow! I can't wait to get to the same point as some of these people who never think about smoking!" Well, guess what?

At 8 months, 2 weeks, 11 hours and some odd minutes and seconds, I think about actually picking up a cigarette and smoking NEVER. I haven't desired a cigarette in over 6 months. My last intense wanting that I can remember was probably around the 1 month mark.

NTAP

~ Christy

Nicotine-free for Eight months, two weeks, 11 hours, 51 minutes and 25 seconds. 5169 cigarettes not smoked, saving \$1,034.14. Life saved: 2 weeks, 3 days, 22 hours, 45 minutes.

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#802 | 17 Feb 2015 | ThePanster

Six years of freedom my friends, and how often do I want or crave a cigarette? Almost never -- for real. I rarely even think of it. Maybe once a year, and in that split second, I am filled with gratitude for what learned here, not the least of which was to embrace the crave and use it to remember how far I've come. Doesn't never really craving sound good? It is. And you can do it. You really can.

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#803 | 18 Feb 2015 | jjbaker

Oh what a bloody Newbie I am with my silly 37 days. 199 Euro's saved by not smoking 740 cigarettes. Not a single craving. Nothing is missed. Not a thing.

I spent lots of time reading here, not because I feel my quit is at risk, but because there are tons of information tidbits that will help down the road, reinforce positively or prepare one for coming challenges ahead. When you are facing your quit mostly alone as a single person without a whole lot of social support and are surrounded by smokers, having a site like this is a good thing because it allows you to celebrate your accomplishment. There are only two places on this planet where nicotine has no voice, power or influence. Whyquit.com and the inside of my mind.

Addiction as a self study topic is turning into one of the most interesting topics for me. How can something that is so utterly complicated and information dense come down to being beaten by such a simple abbreviated sentence such as NTAP. Step one was to acknowledge and accept that this is not a habit but a deadly addiction. Freedom is always one smokeless breath ahead. Just take this next breath and remain true to your commitment to NTAP. Not now, not an hour from now, not today, probably not this week, month or year. Sorry, we have a life to live and freedom to experience.

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#804 | 17 May 2015 | Jezza

After joel posted on my journal thread with the video related to this thread i decided to add my bit.

At 16 (and a half) months i only ever think about it if i see another smoker. But it's not a crave, it's a gentle reminder. As an example....

"I used to do that"

How long did it take for you to read that last line? 2 seconds perhaps? That's how many seconds a day i think about cigarettes.

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#805 | 16 Aug 2015 | legend018

I quit 5 1/2 years ago cold turkey. Currently do you want to know how often I actually think about smoking. Hmmmmm I would have to say zippo, none, never, not at all. 🦉 I don't have anyone smoking in front of me often, but when they do, I don't mind and it doesn't bother me. I really just becomes part of your life. 😊 You get to a point where you used to smoke 😎

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