

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.

#151 | 30 Jul 2002 | DubiouslyDos

8 W, 6 D, 22 H, 18 M, 1,887 Cigarettes I have chosen not to smoke, saving \$283.05 plus tax.

Maybe 2 or 3 times a day from nowhere a thought will pop up "I want a cigarette." I'll ask, "Really???" Then..."Ummm, I guess not..." - every time. It only lasts a couple of seconds. Rarely now I'll get a more persistent thought, but I will just talk back to the suggestion - it does go away - FAST - no awful craving.

It does get easier - each day you refuse to take another puff!

Hang tough Newbies - and Don't Puff,

Dos (Dubiously)

#152 | 01 Aug 2002 | CdnpheonixGold

Hi Joel. I'm new here but I just had to add to this thread. I've been 1W 1D 15h 14m 24s SMOKE FREE and counting (C.T.) 259 cigarettes not smoked, saving \$45.33 This is my second quit this year, third quit since 2000. The other two times I used the patch. This time Cold Turkey. This has been the easiest.

Even though it's been just over a week I can honestly say I don't really CRAVE a cigarette anymore. I'm not saying I don't think about them, I've been an addict for 24 years, but I don't crave them, I don't want them. Time spent remembering them, probably a couple of minutes a day, but when you consider that I use to spend over 3 hours a day abusing myself with them and much of the rest of the time wishing I was abusing myself, that's small potatoes!

As one of my favorite quotes says:

"I'd rather be an ex-smoker who occassionally thinks about a cigarette than a smoker who is obsessed by them!"

#153 | 01 Aug 2002 | SammymnGOLD

This is a life-saver today! I was just thinking that, gosh, I've been having cravings the last 24 hours, then I realized, I was really only talking about 3 thoughts of romanticizing the smoking experience which were relatively quickly snuffed out by inserting a dose of reality into the situation.

Smoke free is where I want to be, Sammy

#154 | 01 Aug 2002 | Tatum (Bronze)

From a 3 month quit perspective: How often do I still want a Barf-a-rette ?

I would have to say VERY seldom, probably about 30 seconds a day total. and that statement in itself might be misleading because I don't have cigarette craves or thoughts every single day anymore...probably maybe 3 times a week now do I have an urge or thought, and these are so easily shrugged aside now that they are barely even worth mentioning. Actually, it's the days of pure comfort that are increasing for me now, and I can't EVEN begin to tell you newbies how good that feels.

Keep on keeping on you guys !!! Don't give up !!!!!
Brightest Blessings,

Been kicking butt for 3 Months 3 Days 5 Hours 16 Minutes 36 Seconds. Cigarettes not smoked: 2826. Money saved: \$353.32.

#155 | 01 Aug 2002 | MareBear GOLD

Less than 30 seconds a day!

MareBear

Not a puff for: 2M 3D 17h 57m 1s. Cigarettes NOT smoked: 1294, saving me \$200.72.
Life Saved: 4D 11h 50m.

#156 | 06 Aug 2002 | John (Gold)

Consider this... here you are at Freedom - a forum dedicated entirely to nicotine cessation - and at this very second you are reading about it. Doesn't it strike you as amazing that you can spend minutes - or soon even hours - focused on topics associated with quitting smoking while not actually WANTING to smoke at that particular moment? If you sit and try to see a flower bloom you'll never see it move. This thread is proof that it does! John

#157 | 11 Aug 2002 | hoop0826(gold)

I've been quit for a total of 2 months, 3 weeks, and one day and how often do i still crave a cigarette?? Once a day, maybe twice a day, and I have had a few none a days!!! And how long do those craves last? Usually no more than 30 seconds or so! Believe us, it does get easier, and I am still a greenie! Even though the days are getting more comfortable, the danger is to not get too comfortable, and remember **** week and all the reasons for quitting. But here feels great!

Hoop

I have chosen not to smoke for 2 Months 3 Weeks 1 Day 3 Hours 11 Minutes 5 Seconds. Cigarettes not smoked: 1246. Money saved: \$202.64.

#158 | 11 Aug 2002 | David Gold

I am kind of new here but I am starting to feel a little more relief than when I first quit. I can honestly say that I think about smoking a few times each day. It doesn't last very long and a "thought" isn't that hard to deal with anyways. I never have a "crave"(actually feel physical discomfort) anymore.

I smoked for over 20 years so I will probably "think" about smoking for quite some time yet. I will never "crave" another cigarette because I am strong in my resolve to Never Take Another Puff!

David

I have chosen not to smoke for 1 Month 2 Weeks 1 Day 8 Hours 44 Minutes 34 Seconds. Cigarettes not smoked: 907. Money saved: \$177.83.

#159 | 20 Aug 2002 | SammymnGOLD

Two things before I get to the numbers. One, this string has kept me going many times so I recognize its value. Second, the last two days have been bad for me. With that said, the actual time spent wanting a cigarette in the last five days: one time on Saturday night for approximately 30 seconds. My "hard time" in reality consists of about two minutes total of thinking about smoking, but not wanting one.

Sammy Time Smoke-Free: 46 days, 10 hours, 46 minutes and 18 seconds
Cigarettes NOT smoked: 929
Lifetime Saved: 7 days, 2 hours
Money Saved: \$211.50

#160 | 20 Aug 2002 | Big Al (Gold)

Hi all y'all. Well, I am coming up on 2 years. This is an interesting thread to me because I find now that the time I spend thinking about having or wanting a cigarette can probably be counted in seconds/month rather than per day. I rarely if ever crave/want/think about having a smoke. My son smokes, so does my ex wife and my daughters. They smell terrible, so when I do think of it, it is usually in the negative. My own cravings? Like I said, maybe one minute a month. I hit most of my strong triggers early on and the weak ones are not worth thinking about.

Al

I have chosen to be smoke free for one year, eleven months, one week, one day, 4 hours, 37 minutes and 1 second. And I choose to remain smoke free for the remainder of my time on this earth.

I have not polluted my lungs, body or airspace with 28,287 cigarettes.

I have not contributed \$4,526.03 to the coffers of RJ Reynolds, Brown and Williamson or any other tobacco company.

I will be around to spend my children's inheritance for another 14 weeks, 5 hours, 15 minutes.

#161 | 20 Aug 2002 | CdnpheonixGold

I think I'm still a newbie, but I'm going to post again anyway - heh, heh.

It's been almost 4 weeks now and I can honestly say I probably spend about 60

seconds a day wanting just one cigarette. The thing is - there is no such thing as one cigarette and I know it so the thought goes away just as fast as it came.

It's just a few fleeting thoughts. 😎

Not one puff.

YQS

C

3W 6D 12h 41m 53s (-825 cigarettes and \$144.52 not given to big tobacco!)

#162 | 20 Aug 2002 | doit4life(Silver)

No nicotine for: 1M 1W 13h 15m. NOT smoked 1542 cigs, \$231.31 not given to cigarette companies. 5D 8h 30m added to my life. How many seconds a day do I want a cigarette? hum???? Even with yesterday's temptation, I can't say I wanted it and it was the first time since my quit I have touched one. I kept thinking of all the negative things about a cigarette. But want it, maybe a little but very little and I knew that was just my junkie whinning. I think about cigarettes during a day but not often and when I do it is because someone is smoking and it stinks and effects my breathing. Do I really, really want one, No. Have a short lived crave, yes but I can figure out the trigger. So I would think about 60 to 120 seconds a day with a very mild want.

Do-it

#163 | 20 Aug 2002 | earnhardtsrule(gold)

hello all, haven't been to site in long time, but I do crave often, it's been almost a year, and they are still there. Mostly in tense moments, but they go rather quickly as they come. thanks, jim

#164 | 20 Aug 2002 | John (Gold)

As Melissa (Toast) would say, I'm so far beyond the initial challenges of adjusting to life without nicotine that I live in a world of unconscious competence when it comes to staying free! It's a nice place to be! It is far far easier being me than it ever was while worrying about if I could. Go the distance! The next few minutes are doable by all and someday soon you too will be unconsciously competent at keeping your glory alive!

#165 | 29 Aug 2002 | Lilac (Bronze)

On good days probably about 10 seconds--on less good days more like thirty seconds.. Thinking never lasts long but some days more thinking than others.--never lengthy.---

gee, that is so miniscule why do I ever complain?. I am omiting the unfortunate day I had last week when it seemed like however many seconds there are in a day.---thats how many seconds I thought about a smoke-----but that was a day out of time. Came and went---who knows where from and where to -----. Lilac

#166 | 30 Aug 2002 | JERGOLD1

OK, I have posted to this thread at least 3 times before, starting about 4 weeks into my quit. At 1 year and 3 months, I don't think about cigarettes anymore, except in the concept of something I did in the past.

IT IS GREAT TO BE FREE!!!!

JOHN

One year, three months, four days, 5 hours, 57 minutes and 3 seconds. 9224 cigarettes not smoked, saving \$2,144.80. Life saved: 4 weeks, 4 days, 40 minutes.

#167 | 30 Aug 2002 | DubiouslyDos

A day or two...no more no less...but it just keeps getting easier..

13 Weeks 2 Days 7 Hours 40 Minutes.....
Dubiously Delighted to be Bronze
2,799 not smoked....and feeling van....tassss...tick!!!

#168 | 20 Sep 2002 | janetd (GOLD)

I don't want a cigarette.

I don't look down on people who smoke but being around smokers now bothers me. A lot of people I know smoke. Recently, I almost asked one of them to put out her cigarette. I felt like I was suffocating. Four people / one smoker. We were out and about for around four hours, and I think she must have smoked ten cigs in the Jeep.

Do I think about smoking? Yes, but a thought can't hurt me. And most of my thoughts surrounding smoking are negative these days. I know I can't have one so what's the point? There are better things in life to dwell upon.

yqs, Janet

Free for 10 Months 3 Days 8 Hours 28 Minutes 19 Seconds. Cigarettes not smoked: 6147. Money saved: \$1,690.44.

#169 | 20 Sep 2002 | Russroy

cool janet that makes sense

#170 | 20 Sep 2002 | Toast (GOLD)

Hi All. I haven't posted to this thread since February, so thought I'd chime in again.

I think about smoking every day. I think about my quit every day. I do not want to smoke at all. I do not have any time during my day given to craving. The habits of smoking are familiar, yet distant to me now. Being around smokers doesn't bother me, except the smell of it on me, esp. in my hair. (Long hair "captures" the smoke very successfully.) I still have things to learn about myself and my addiction and my quit. I guess I always will, because I will always be a growing and changing - and addicted - person.

My almost 16 months quit experience has given me room to be more philosophical about smoking and quitting. But I also am dedicated to staying very practical and real about the dangers of junkie thinking and "just one" mentality sneaking in on me. I am more comfortable, competent and confident in my quit than I ever would have thought possible. I am also keenly aware that my nicotine addiction will always seek expression, will always slip into any vulnerability looking for a chance to be reactivated. I am not complacent.

I am Melissa.

1 Year 3 Months 4 Weeks 14 Hours 33 Minutes 52 Seconds Free 9712 Less

\$1,408.26 More

2 Mos 5 Days 10 Hrs 41 Mins 22 Secs Added

#171 | 20 Sep 2002 | Toast (GOLD)

"I think about smoking every day. "

Let me clarify this.

Yes, I think about smoking every day, but thinking is not wanting. I visit Freedom nearly every day and think a lot about smoking in many different ways. But not in wanting, craving or needing ways.

 Melissa

#172 | 20 Sep 2002 | Puh(BRONZE)

HELLO! I was just writing on my paper when it started raining very hard and it became dark outside. I went to the bedroom and played with my cat and thought, "This is a time when I smoked". But strangely enough for me I do not desire one. I am very happy. I too, have thought about smoking without the desire to do so. That's unbelievable!!!

Ulrike

I have chosen not to PUFF for 1 Month 2 Weeks 2 Days 20 Hours 23 Minutes 10 Seconds. CANCER STICKS not PUFFED: 956. Money saved: \$213.41.

#173 | 21 Sep 2002 | Dida (Gold)

Thanks Joel. I don't think much about wanting a cigarette anymore. I do think about how relieved I am that I am not smoking - I am grateful for my quit. I will not go through the quitting process again ... it's too painful. I have many many friends who still smoke and some who are very sick as a result of it. I think a lot about them. Thank you to this group.

Diana

still not smoking one day at a time

#174 | 21 Sep 2002 | Juanjuanjuanjuanjuan200

Nico is everyday and every time. I am always an addict. A different one. Since my last quit, its me who has changed. I Have no more fear. Just I NTAP; TODAAT. And the always unforgettable batle of resisting is over. With time my body has stopped its hard times withdrawald symptoms of a constant presence on the day. Once or twice... something one can hold, easily.

Juan

#175 |22 Sep 2002 | Lilac (Bronze)

Wow, I don't want to dispute her voracity, but that Lilac of 8/29, either wasn't consulting the clock or had a hard time with math. 10second? 20 seconds? Maybe that WAS accurate. I know she doesn't lie except occasionally socially. Right now I am under a certain amount of pressure so I notice that here and there my body turns toward a cigarette or I feel my mind reaching for one. but the uninstinctive me is doing just fine. Getting close to comfort.. Hotdiggitydog!!!!

Lilac 2m2w2d

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