

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.

#526 | 08 Jun 2006 | BruceAK

Zero.

Really. Almost a year and a half later, the only time I think of cigarettes is when I think about trying to convince a friend to quit...

...and I smoked a pack and a half a day for over 16 years...

#527 | 09 Jun 2006 | GOLD

After almost 4 years of non smoking on a good day I don't crave a cigarette at all, on a bad day maybe 15 seconds. I am so glad the bad days rarely come.

#528 | t 21 Jun 2006 | Flo Babe

"One cigarette away from a carton." How very true.

Thank you for putting it in such a way that I can use this as a mantra in case the thought comes to me that I might get away with "just one" puff.

Five Weeks this Thursday Nicotine Free after 42 years. 

#529 | 21 Jun 2006 | realmarino

Today I craved once for a second or two. All the other seconds of the day were without cig thoughts!!!! 

I have been quit for 3 Months, 1 Day, 21 hours, 11 minutes and 44 seconds (93 days). I have saved \$267.55 by not smoking 1,126 cigarettes. I have saved 3 Days, 21 hours and 50 minutes of my life. My Quit Date: 3/18/2006 11:00 PM

#530 | 20 Jul 2006 | LizzyB

Today I thought about a cigarette when I was finishing up one part of a project and on my way to start the next part. It was gone within seconds.

I say "thought" instead of "crave" because it wasn't a craving. It was just a thought. A phantom craving, if you will. It's a leftover memory of what I used to do. That's much different than a craving.

Yesterday I thought about having a cigarette when my husband lit one in a bar we were in. It passed as quickly as it came. For a newbie, please hear me: everyone's quit is different, but comfort comes. And when it does, it will make you smile because you won't even notice it's there. You'll think about a smoke for some reason, but you'll realize it's been A LONG TIME since you thought about one, and WOW! isn't that awesome!! The comfort will come - you'll feel it.

Hang in there!!
Never give up!
Never give in!
Never take another puff!!

Lizzy - Free and Healing for Twenty Nine Days, 19 Hours and 15 Minutes, while extending my life expectancy 3 Days and 14 Hours, by avoiding the use of 1043 nicotine delivery devices that would have cost me \$182.77. QD: 6/19/06.

#531 | 22 Aug 2006 | JoeJFree Gold

This now famous parade (and rare) parade started by Joel is #17 on the list of recommended reading found at the left margin link - The 1st 72 Hours - An abrupt cessation of nicotine addiction Primer of sorts..

Lessee, to reaffirm and renew my replies to this thread at Message 583 Message 573 and especially #544

How many seconds a day? 0!

Make special note of Message 660 , Message 654 , Message 622 , and a hundred others!!!!

If you read one thing tonight - read this entire thread. You CAN do this, we all can if we simply (and as easily or hard as we wanna make it) NTAP!

My name is JoeJFree, and I am a nicotine addict.

I stopped ingesting nicotine for 1 year, 7 months, 11 days, 10 hours, 15 minutes and 39 seconds (588 days) ago.

I've not inhaled the smoke of 14711 death-delivery devices, and saved \$3,052.13.

I've recaptured, reclaimed and put to far better use 51 days, 1 hour and 53 minutes of my lifetime by choosing to decide to NTAP!

#532 | 13 Sep 2006 | JoeJFree Gold

Need, want, wish for ... ZERO!

JoeJFree - Healing for One Year, Eight Months, Two Days, 8 Hours and 18 Minutes, reclaiming 52 Days and 23 Hours, by choosing not to use 15259 nicotine delivery devices thereby retaining \$3,168.69.

#533 | 13 Sep 2006 | System Pilot

I am at about 10 seconds a day where I think "time to smoke". The rest of the time I do not even consider it.

Free and healing for 1 Month, 3 Weeks, 6 Days, 3 hours and 26 minutes, while extending my life expectancy 5 Days, 1 hour and 5 minutes, by avoiding the use of 1,453 nicotine delivery devices that would have cost me \$254.36.

#534 | 13 Sep 2006 | 4Taylor

How many seconds in a day do I WANT a cigarette = ZERO.

A few minutes throughout the day I THINK about cigarettes but I actually don't want one anymore.

Kristin 🌈

Four months, one week, four days, 22 hours, 3 minutes and 36 seconds. 2698 cigarettes not smoked, saving \$674.59. Life saved: 1 week, 2 days, 8 hours, 50 minutes.

#535 | 15 Sep 2006 | blackdog2007

It changes everyday, but at just a month and a half quit I would say I had maybe three legitimate smoking thoughts today totalling about twenty seconds.

If you had told me this a month and a half ago I would have laughed (and coughed probably). Its getting easier and easier every day. Thank you.

#536 | 15 Sep 2006 | George6834

I am just coming up to 1 month in and I feel FANTASTIC, soaring esteem, general calm, and REALLY proud of myself.

I think an interesting distinction is drawn between WANTING one - really WANTING one and just THINKING about having one. I certainly never WANT one again. I do, though, think about having one probably once or twice a day now for a total of about 2-3 minutes.

This really is a great site and an excellent methodology - Big thanks, admiration, and respect to John and Joel - you guys really are 'making a difference'.

My name is George, I am a nicotine addict. I have not ingested nicotine for 3 weeks 4 1/2 days. I believe in life; I believe in NTAP.

#537 | 15 Sep 2006 | KatieDidIt1999

🌹 Some days I'm reminded many times how glad I am that I don't smoke. Some days I forget to even think about it. I actually want a cigarette exactly 0 times a day, after 33 years of them. ntap

Kat

8 months +

#538 | 15 Sep 2006 | gingerjoe501

Want a cigarette? NO, Not at all. Not for one second. The desire to smoke really will leave you in a surprisingly short time if you just let it happen. Happy, Proud and Free. Maggie I have been quit for 6 Months, 1 Week, 6 Days, 9 hours, 53 minutes and 43 seconds (197 days). I have saved \$690.94 by not smoking 3,948 cigarettes. I have saved 1 Week, 6 Days and 17 hours of my life. My Quit Date: 3/2/2006 2:03 AM

#539 | 15 Sep 2006 | shaskin

I truly believed that I was different, and would never feel comfort. I'm so glad that I was wrong - I never want a cigarette, and I never would have believed that I would be saying that. Don't give up, and comfort will find you.

Sheila - Nicotine free for Eight Months, Thirteen Days, 23 Hours and 38 Minutes. I haven't smoked 5140 nicotine delivery devices that would have cost me \$1,038.87.

#540 | 16 Sep 2006 | Kara anne

Well, I'm still pretty new myself, but I probably only spend about 1 minute of my day wanting a cigarette. And even then I can think of a reason not to have one just as quickly.

I have been nicotine free (and loving it) for 23 Days!
NTAP

#541 | 16 Sep 2006 | SallyGL

After smoking for over 40 years I really thought that I couldn't stop smoking, that I would smoke until I died and that if I did stop I would find it hard to cope with life and that I would miss smoking very much.

But after a spur of the moment decision 6 months ago to quit I can honestly say that 99.99999999% of the time I don't think about and more important don't want a cigarette at all. Very occasionally I'll be doing something or be somewhere that that triggers a feeling of the 'want somethings' but it passes very quickly. Amazing - I haven't lost anything at all, just regained a sense of pride and respect for myself.

Sally
~ 193 days free after 40+ years not.

#542 | 18 Sep 2006 | Danielle

10 days and going strong.
I haven't wanted a nicotine stick at all today. But I thought about the nicotine once for a

few seconds. So happy that they do not run my life anymore. I have more time with my kids during the day now. Instead of spending that 20 minutes outside smoking I spend it with my family. If you would of told me this was how it would be I probably wouldn't of believed you. So glad I found Freedom. If I can do it after 20 years of smoking, so can't you with some help of a lot of education from whyquit.com
Danielle

#543 | 24 Oct 2006 | ivanochiki007

I have already posted in this thread a couple of months ago and remember saying that I hardly ever want one anymore but that the thought of smoking is still present a few minutes each day.

Well, today, at 565 days, I can clearly say that I never want a cigarette and that I almost never even think of smoking. And that while sharing my home with a smoker (he is considerate enough and only smokes outside).

Keep going, this is so worth it.

Ivano

#544 | 24 Oct 2006 | nancy999

I just love this parade. When I was a newbie, I opened this thread and expected to see hours of agony as most folk's answer. Instead - like so many facts I've learned here - I discovered that the reality is 'almost never'. I think about a ciggy occasionally, but don't want one. I think things like "I used waste so much time smoking out here" or "Man, did I stink like that?" or "Thank God that's not me".

Yup, I was one of those smokers that couldn't go 2 hours without one. Yes, I scheduled airline flights just to get a smoke layover. I never went to bed unless I had enough smokes to give me the morning fix (note, that I was more than happy to go to bed without any milk in house). That's sick! If you're a newbie - do whatever it takes to make it thru those SECONDS of addiction. It really is just seconds...and they get less and less and less often!

Here's my show off stats: Eight months, 6 hours, 42 minutes and 26 seconds. 6056 cigarettes not smoked, saving \$1,465.54. Life saved: 3 weeks, 40 minutes.

PS, you know, Joel states that 'life saved' is his favorite variable on the meters. But I'd like to point out that it's not just the amount of life saved, it's the quality of life as a non-smoker. Too bad there's not a meter for that!

#545 | 24 Oct 2006 | Marixpress

I am down to once per day or even less. I don't want a smoke but instead I feel sorry for those around me that are still enslaved. Ha! I never thought I would feel this way.

Nicotine free for 1 Month, 3 Weeks, 4 Days, 11 hours and 30 minutes aka 55 days. I have saved \$216.36 by not smoking 665 cigarettes. One day at a time.

#546 | 25 Oct 2006 | smsh28

Quote: I don't want a smoke but instead I feel sorry for those around me that are still enslaved.

At One Month and Ten Days nicotine free on this quit it is obvious to me the difference between a quit and an educated quit. I previously quit for nearly 4 years. Without the education I now have from reading here I allowed myself to very slowly become complaisant about appreciating my freedom and about remembering what being a smoker was really like.

Today I would estimate having 3 cravings for nicotine topping at 10-15 sec. each. It's difficult to take a crave nearly as seriously knowing that it is simply a reaction to nicotine withdrawal (even the one out of the blue after 6 months of not thinking about a puff).

Having a craving doesn't mean I have to smoke, nor does it make me think getting over smoking isn't possible. How great is that???

Keep breathing deep and feeling fine! Sonya

#547 | 28 Oct 2006 | JCQuitter

Less than a week into my quit, my triggers are still strong. I don't WANT a cigarette. My body and mind think I do for maybe 3 minutes. Then it is gone, until evening. Then I get a constant ache after dinner until bed almost. Almost like when you are sick, it gets worse at night. But that is even getting better than it was on day one. I ache all evening but the ache is getting more and more dull.

jodi 

Free for 5 Days, 14 hours, 50 minutes and 31 seconds (5 days). I have saved \$19.65 by not smoking 112 cigarettes. I have saved 9 hours and 20 minutes of my life. My Quit Date: 10/22/2006 9:00 PM

#548 | 28 Oct 2006 | Sifu Brian1

After 5 months smoke free, I would say I "want" a cigarette a couple of times a day for about 10 seconds each time. So total - 20 seconds per day wanting a cigarette. I do think about cigarettes more than that, but even thinking about cigarettes has become like an after thought, (comes and goes very quickly). I am in the country of Turkey where it seems like every where you go, you can smoke so I notice people smoking and "think" about cigarettes, but the actual wanting - no way! Except for that 10 seconds a day/2 times a day, which is not hard to deal with. A slow, deep breath takes care of that 10 seconds and I move on, not a big deal any more. It does get better for those of you who think it won't. I was one that thought I would be in withdrawal FOREVER 😊 , but hang in there, it does get better.

#549 | 30 Oct 2006 | LizzyB

I can honestly say that at 4 months, I don't think about smoking at all anymore. I was a two pack a day, light up on the way to make the coffee in the morning, smoked like it was a full-time job smoker. And four months later - I don't have cravings. I just DON'T SMOKE ANYMORE. I'm a non-smoker.

I will admit that since my husband still smokes, I sometimes look at his smoke with something that can only be called nostalgia, but otherwise, I don't think about smoking at all.

I am so happy to be free. I am so thankful to the good people on this site. I am so grateful for the courage to overcome the crippling fear that kept me smoking for so long.

Newbies, lurkers and new members, you can do this. It's not willpower as much as it is acceptance. You're a non-smoker now. You CAN do this. Just decide. There's nothing you can't do! And keep coming here. Read, read, read, read, read and then read some more.

And remember - - Never give up!
Never give in!
Never take another puff!!

Lizzy - Free and Healing for Four Months, Nine Days, 19 Hours and 40 Minutes, while extending my life expectancy 16 Days, by avoiding the use of 4614 nicotine delivery devices that would have cost me \$811.79.

#550 | 30 Oct 2006 | Rickened

Wow! Today is day 89 and it just dawned on me that I'm not a newbie anymore. I still have more to learn ahead of me than I have behind, but I am proud to be invited to address "newer" newbies.

Cravings per day
On most days.....0 seconds
On some days.....200 seconds
At its absolute worst.....10 minutes (only about 3 times since I turned green)

Genuine desire to smoke
Total since quitting....1 minute

Care for your quit, my worst experiences occurred after periods of extended comfort without thinking about smoking. For me, reading regularly even if just a little bit, helped me to enjoy times of comfort without forgetting my resolve.

Remember that we freedomites are experiencing the normal stress of life, dressed in a cravings clothing! Full experiences ahead fellow quit buddies!

Rick - Free and Healing for Two Months, Twenty Eight Days, 13 Hours and 54 Minutes. I have saved \$364.14 by not smoking 1612 cigarettes.

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