

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.

#726 | 23 Feb 2011 | msanders

Matt - Free and Healing for One Month, One Day, 13 Hours and 47 Minutes, while extending my life expectancy 2 Days and 6 Hours, by avoiding the use of 651 nicotine delivery devices that would have cost me \$114.16.

I don't have cravings. Ever. I sort of feel like having a cigarette maybe 2-3 times a day for a total of about 60-90 seconds (at most). That's about 1 1/2 minutes a day.

#727 | 02 Mar 2011 | Sarah52

Hang in there newbies! Comfort DOES come.



I NEVER even THINK about smoking anymore, and absolutely NEVER a "want".

I have been quit for 1 Year, 3 Months, 3 Weeks, 5 Days, 10 hours and 9 minutes (481 days). I have saved \$4,573.51 by not smoking 9,628 cigarettes. I have saved 1 Month, 3 Days, 10 hours and 20 minutes of my life.

Sarah52

#728 | 09 Mar 2011 | Herman1331

I have quit smoking for fifty one days, 1 hour and 10 minutes. I have not smoked eight hundred and twenty-four cigarettes! I have saved two-hundred seventy-four dollars and ninety-nine cents! How often a day do I think about cigarettes? Not very often. If I do think about cigarettes it is only for a few seconds a day but today I spent zero seconds thinking about cigarettes.

#729 | 22 Mar 2011 | Bev022811

I am into my 24th day of my quit! and honestly I don't even think about cigarettes unless I see someone smoking or smell it and then I think how nasty and disgusting it is! After smoking for 37 years that is pretty amazing ..of course there is an occasional trigger but not on a daily basis! Just Never take another Puff!!

Bev

Free and healing for 24 days! 🍌

#730 | 01 Apr 2011 | ccathy247

None, nada, never

The intelligent quitter's strategy combines an understanding of the Law of Addiction with well-protected core motivations.

Law of Addiction

"Administration of a drug to an addict will cause re-establishment of chemical dependence upon the addictive substance."

WhyQuit.com

Nobody ever graduates from Addiction

Cathy, Gold

[Quit April 10, 2009]

#731 | 02 Apr 2011 | freekty

I never want a smoke anymore. I have learned to recognize the triggers, and how to get past them very easily. When I think about smoking, the thought is usually about how happy I am that I have quit.

Life goes on without smoking, and it's really nice not having to cater to that addiction

anymore. What a waste of time that was! I have much better things to do 

#732 | 22 May 2011 | WhelenS

I am very happy to report that I don't ever have urges anymore. If I think about nicotine at all, it's about how proud I am to be quit for 2 years.

#733 | 02 Jun 2011 | redsunflower

On a usual day, I don't want a cigarette at all. Sometimes I have a craving or two, and they last for about 3 seconds each. Then they're gone.

It's brilliant. 😊

RS - Free and Healing for Two Months, Nine Days, 7 Hours and 9 Minutes, while

extending my life expectancy 7 Days and 7 Hours, by avoiding the use of 2109 nicotine delivery devices that would have cost me £211.50.

#734 | 25 Jun 2011 | time4me

Rarely, very rarely, do I even think about smoking. I am not quite four months quit and I had smoked for 40 years. To me that is absolutely incredible! Quitting is so much easier, and so much more rewarding, than I ever dreamed it could be. And I know I'll never go back to a life of feeding the addiction. Go ahead, make this your time to quit - you'll never regret it.

Stella - Free and Healing for Three Months, Eighteen Days, 11 Hours and 33 Minutes. I have not smoked 2210 nicotine delivery devices that would have cost me \$665.91.

#735 | 01 Jul 2011 | samiam151

After only a month and almost two days, I only think about it when I smell it! After I realized that it's NOT the cigarette I want, it's the old NICOTINE HIGH associated with the cigarette I want, it's easier to resist. GIVE IT 2 WEEKS AND YOU'LL LOVE YOURSELF FOR IT!!!

#736 | 02 Jul 2011 | Roy

Three and a half months in I want a smoke 0 seconds. There are still occasional triggers I run across, but I would say that is about once a week to 10 days now, and getting longer in between. I have achieved comfort.

ps. My wife still smokes, so it is possible to be around it and not want it.

Roy

#737 | 01 Aug 2011 | jaysohn

Well - let's see, how many seconds a day do I want a stubbed toe? How often do I think about hitting my thumb with a hammer? When's the last time I day-dreamt about getting a splinter under my fingernail? Jamais - Nunca - Nie - Soha - numquam - kamwe - qatt - nooit Translation - not very often

Jason - 8 days to GOLD!

Free and Healing for Eleven Months, Twenty Three Days, 13 Hours and 54 Minutes,

while extending my life expectancy 24 Days and 19 Hours, by avoiding the use of 7152 nicotine delivery devices that would have cost me \$2,086.59.

#738 | 02 Aug 2011 | garden joe

After just three weeks I am down to once or twice a day. I have even gone entire days without thinking about it! After 19 years of smoking up to two packs a day, thats pretty amazing to me. If I can do it, than anyone can.

Joe - Free and Healing for Twenty Five Days, 18 Hours and 6 Minutes extending my life expectancy 2 Days and 16 Hours avoiding the use of 773 nicotine delivery devices that would have cost me \$309.77.

#739 | 02 Aug 2011 | MichelleNC

Surprisingly, only a couple of times a day.....for not more than 30 seconds each time. Averaging about a minute-and-a-half on the usual day. Also, these are just habit-driven thoughts; thinking about smoking on the way to the car, but I'm perfectly fine once I get there, or thinking about having a cigarette before bed, but knowing that I sleep so much better without it. Thanks for this parade - it puts those moments into perspective. These are just thoughts; by facing them, they have no power over me! By reading everyone else's responses, I can look forward to even these fading over time!

(can't download the Quit Counter to my work computer): Last cigarette: 07/17/2011 @ 10:30pm.....16 days nicotine-free and 160 cigarettes not smoked...and never felt better!!!!

#740 | 02 Aug 2011 | msanders

At 6 months, it's none (though it's been like that for at least 2-3 months).

Sometimes I try to remember what it was like though...

-Matt

#741 | 15 Aug 2011 | Johnnie

After one year of freedom I can say quite truthfully that I never crave a cigarette. BUT I do have the occasional moment where some maintenance is required: if I've forgotten to drink enough water or I've let my nutrition slip, I may need to do a deep bout of breathing/stretching/exercise or take a brisk walk to, let's say, level out my system. The moment always passes, though, and I never mistake it for an actual cigarette crave.

Gratefully Gold I escaped from the prison of smoking on August 14, 2010.
The best revenge is quitting well!

#743 | 16 Sep 2011 | Philip

The quit has gone textbook as described on this site. Today I have 1 crave a day but everyday it gets a little more vague. You can do it!

#744 | 08 Oct 2011 | jrock413

... thinking about a cigarette is no longer a daily activity. If I have a thought it is weeks apart and lasts for only 5 seconds or less. I treat the thought like a pesky, dirty fly and swat it from my mind! Freedom is sweet!!!

#745 | 09 Oct 2011 | china

How many seconds a day I want a cigarette: none

Question is, how many seconds a day I want to celebrate. all

#746 | 17 Nov 2011 | stef2211

From a newbie:

I think about a cigarette several times a day, but only one or two of those is an actual "want" and not just a thought. That's a change from actually crying for want of a cigarette on day two, to shrugging off a couple of little wants in the course of a day in just over two weeks' time.

Quitting is way more awesome than smoking.

Stef

17 days, 13 hours and 50 minutes free

#747 | 21 Nov 2011 | Michelle2975

How many seconds a day I still want a Cig is ZERO, Yeah!!! Trust me...If I could quit so can you!!!

Michelle - Free and Healing for Nine Months, Twelve Days, 2 Hours and 43 Minutes,

while extending my life expectancy 14 Days and 20 Hours, by avoiding the use of 4277 nicotine delivery devices that would have cost me \$973.62.

#748 | 24 Nov 2011 | Jefferyrw

I have not wanted a cigarette even once for many months now. Even a couple of unexpected triggers did not result in my wanting a cigarette, just the realization that a brief craving is a minor annoyance NOT a desire to smoke!

Jeff - ten months and sixteen days Nicotine Free (320 days)
Since: 1-8-2011

#749 | 24 Nov 2011 | endura

I have not wanted to have a cigarette is many months now. I have no craves at all and there is only an occasion (every 3-4 weeks) that I will think for a second, "Wait, something is missing" only to smile as I realize I would be having a cigarette if I was still living in my addiction. But I do NOT want to smoke, it is only a reminder of how chained I was to such a filthy habit. I do NOT want to have a cigarette. I am free of nicotine now for 10 months (JAN 21) or 44 weeks! I have saved OVER \$3,000.00 and saved almost seventeen WEEKS of my life! I was a heavy smoker for so long, I thought I couldn't quit! Yes, comfort does come. Much faster that I thought possible. The rewards are so plentiful, I am full of gratitude. What a glorious Thanksgiving this has been!! NTAP!!!

Endura
Quit 01/21/11

#750 | 25 Nov 2011 | ltlme71

I had forgot that yesterday was my one month anniversary after 26 years of smoking over half my life. I think about them every once in a while, but wanting one maybe 3 seconds every few days 😊

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