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Thread: [Two weeks without a cigarette](#)

Inkie - May 31, 2015, 2:14 am

I've been a heavy smoker for a little over two years and i felt fine physically but one day the effects kinda hit me i couldn't run to the mailbox without my lungs feeling like there on fire so i decided to go cold turkey and so far i haven't had a cigarette in two weeks it hasn't been easy especially when most of my friends smoke but i'm determined to quit, its all about willpower.

Royal Crowd - May 31, 2015, 2:15 am

Really great job man!

Keep it up!

Have a nice day! ?

?rost - May 31, 2015, 2:15 am

Good for you. I quit new years because smoking was the reason for me getting chest colds. Just think about the money you save, and remember you don't NEED to smoke and you got this.

????s??? - May 31, 2015, 2:15 am

You can do it just pick up healthier hobbies in it's place.

Inkie - May 31, 2015, 2:30 am

(May 31, 2015 02:15 AM)??? ? ??? ??? = ?????s??? Wrote: [\[CITE\]](#) You can do it just pick up healthier hobbies in it's place.I'm going to start doing kickboxing again, first class is next week so i'm pretty pumped.

Havoque - May 31, 2015, 10:49 am

Keep up the good work! It takes a while to get the nicotine out of your system and keep craving down so keep at it!

Rooter - May 31, 2015, 11:40 am

(May 31, 2015 02:14 AM)Jacob the bae Wrote: [\[CITE\]](#) I've been a heavy smoker for a little over two years and i felt fine physically but one day the effects kinda hit me i couldn't run to the mailbox without my lungs feeling like there on fire so i decided to go cold turkey and so far i haven't had a cigarette in two weeks it hasn't been easy especially when most of my friends smoke but i'm determined to quit, its all about willpower.

Congratulations! How hard is it exactly? I would personally start off by cutting down but good luck on your goal and keep up the good work!

?Genghis Khan? - May 31, 2015, 12:20 pm

That's amazing to hear man, I used to smoke for a few months but nothing serious.

Im glad to hear you quit.

Take care

bloodhawkbh - May 31, 2015, 12:20 pm

It gets really easy after about a month. Good luck.

Deploys - May 31, 2015, 1:45 pm

I picked up smoking back up again when I started working at a dealership. Literally EVERYBODY smoked so I decided to smoke one... then another one... and then I smoked for 3 months.

Couple girls I was hanging out told me it's nasty and I should stop. One actually took a new pack that I just bought and threw it out the window. (No joke).

I decided for the health of my body I'll quit and one day I just did. Never smoked another one again to this day.

I actually do believe that there are addictive personalities. Thankfully I'm not one of those people.

vedasamsara - May 31, 2015, 2:34 pm

Good job, man. I've beaten quite a few addictions, but nicotine is a mean bitch.

Meow - May 31, 2015, 2:35 pm

Two weeks is pretty good achievement, good luck! ?

Regulus - May 31, 2015, 2:37 pm

That is awesome man. I'm so happy for you, congratulations on the achievement. Now aim for 1 month. :)

kriss3 - May 31, 2015, 2:54 pm

I have first day because , i hadn't money to buy pack today. But good luck for you.

y.flicka - May 31, 2015, 2:55 pm

Man you reached a big mark already keep going and remember what you have already done! Keep it up!