

Forum:[Hack Forums](#)

Thread: [Officially quitting smoking](#)

.Reef - March 22, 2019, 4:10 am

I know it's peobably silly I'm posting about this on an online forum, however I want to use this as my motivation during rough times.

I've struggled with nicotine addiction for a long long time. I've been lying to myself, my girlfriend, my family and friends and smoking behind their backs every second I can. Cigs, Juul, hookah, you name it Ill smoke it.

However recently I have noticed an adverse affect on my health and started to think about the future and how it can cause harm to my health, finances, etc. I can't keep lying to the people I love and spending hundreds a week to sooth a dangerous addiction.

As of this post I'm 5 minutes clean, I will never smoke again and it feels great and very depressing at the same time. I just threw all my gear and everything out at the landfill never to be seen again.

I have tried to quit for a long time and it's been a mental battle as like I said I've hid it from everyone so I have no one to talk to during the hard times and I struggle with it alone and always go back. But not this time.

I'm doing it cold turkey as I'm not giving these cancerous companies a single dollar or mine or my life again including all the remembers they have to cure the addiction.

Here's to clean forever and hopefully for my healths sake I hope I'm not too late...

dredos - March 22, 2019, 4:16 am

Hey man, it's really nice to see this, especially cause I've been through all this too.

I won't tell it's easy because it's not. The first time you hit the wall, something bad happens you're probably going to reach for a cig. That's the most important part if you say no then, you're good for life. Try to stay occupied with something else so you don't think about smoking.

I know this sounds like a cliché but starting with workout/gym, finding a new hobby will help a lot with your addiction.

You're going to get through this, just believe in yourself!

.Reef - March 22, 2019, 4:21 am

(Mar 22, 2019 04:16 AM)dredos Wrote: [\[CITE\]](#) Hey man, it's really nice to see this, especially cause I've been through all this too.

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Thank you man that means a lot. In the past my willpower has been weak to say the least however I believe I got this so thank you for the kind words.

Funny enough, I've been thinking of starting Shopify as a past time to help get my mind off it and on something to better myself. Probably gonna start that tomorrow

Burnzy - March 22, 2019, 4:30 am

Vaping helped me reduce smoking by alot, am currently at 6mg nicotine juice but going down to 3mg soon

dredos - March 22, 2019, 4:30 am

(Mar 22, 2019 04:21 AM).Reef Wrote: [\[CITE\]](#) Thank you man that means a lot. In the past my willpower has been weak to say the least however I believe I got this so thank you for the kind words.

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You're welcome and if you ever need to talk to someone you can contact me.

It's a great idea, dropshipping takes a lot of time and resources so you'll be able to keep your mind off the smoking for a good portion of the time. If you need help with your store you can also contact me about that, I won't charge you or anything. ?

(Mar 22, 2019 04:30 AM)Burnzy Wrote: [\[CITE\]](#) Vaping helped me reduce smoking by alot, am currently at 6mg nicotine juice but going down to 3mg soon

Ahh, I tried vaping too, it was good for a week or two but then I started to miss the real cig. Smoking is a crazy addiction because it's not only about the nicotine that you get in your system but also the feeling of having a cig in your hand. It's also usually connected with drinking coffee or beer. When I first stopped smoking, whenever I would drink coffee I needed a cig too.

I think I started with 3mg cause 6mg was burning my throat, it's really strong.

.Reef - March 22, 2019, 7:23 am

(Mar 22, 2019 04:30 AM)Burnzy Wrote: [\[CITE\]](#) Vaping helped me reduce smoking by alot, am currently at 6mg nicotine juice but going down to 3mg soon

Last few months I've strictly vaped and I actually feel worse health wise so I'm trying to just cold turkey quit all smoking completely

Burnzy - March 22, 2019, 12:01 pm

(Mar 22, 2019 04:30 AM)dredos Wrote: [\[CITE\]](#) You're welcome and if you ever need to talk to someone you can contact me.

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first stopped smoking, whenever I would drink coffee I needed a cig too.

I think I started with 3mg cause 6mg was burning my throat, it's really strong. Same thing here when am drinking i need to have a cigg too but helps me get through the day without going for a smoke every half an hour, its great for work also i get like 3 ciggs a shift

Dr. Lecter - March 22, 2019, 12:03 pm

You are doing it wrong. I quit New Years Evee, haven't touched a cigarette since then.

Deal - March 22, 2019, 12:06 pm

Yeah haven't been in one for a while. I'm more of a shorts-guy tbh.

Dope - March 22, 2019, 3:07 pm

Good luck with this. It's gonna be tough, but worth it:)

UrLocalNewbie - March 22, 2019, 3:56 pm

Good luck man, it's indeed a hard decision to make yet a very rewarding one. Some of the people i know start working out when they decide to stop smoking, you can try that if you want also

.Reef - March 22, 2019, 10:28 pm

(Mar 22, 2019 03:56 PM)itz rbj Wrote: [\[CITE\]](#) Good luck man, it's indeed a hard decision to make yet a very rewarding one. Some of the people i know start working out when they decide to stop smoking, you can try that if you want also

Yeah I recently started going back to the gym last week. Feelin good

Menes47 - March 23, 2019, 7:58 am

What do you guys think off e-cigs? I have been a smoker for years and I think they are better than cigarettes

OneEightSeven - March 23, 2019, 8:09 am

Man I really hope you get through this.. I begged my parents to stop smoking and they just can't :(

.Reef - March 23, 2019, 8:32 pm

(Mar 23, 2019 07:58 AM)Menes47 Wrote: [\[CITE\]](#) What do you guys think off e-cigs? I have been a smoker for years and I think they are better than cigarettes

Better yes but still dangerous, Ive been hooked on those mainly for like 1-2 years now.

smittey - March 23, 2019, 9:51 pm

vaping is a nice coping mechanism. keep it up!