

It helped me before to get the HOUR down that I stop smoking rather than a certain day/morning (which makes the day ahead soo long). So at 9pm on the 25th/01/23, after I googled "How to stop smoking", I decided to leave the rest of the 7 ciggies in the packet (as I don't enjoy smoking anymore anyway and it doesn't give me the rush like before) and stop immediately, cold turkey. I handed the rest of the cigarettes to my 13 year old son, who's wish for a while was for his mother to stop smoking! He laughed and didn't believe me though. But I will show him. This evening I feel dirty, and am still surrounded by dirty ashtrays and lighters. Besides, I go sleep stressed and hungry (not much food in the house), I havn't eaten dinner even. But I'm going to take a hot bath now as a first stepping stone to my no smoking journey, and go to sleep...