

# Number of Instances G+ Follow 9.7k



## Chapter

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This example describes how to count the number of instances of text (or a number) in a cell.

1. Use the LEN function to get the length of the string (25 characters, including spaces).

C1	A	B	C	D	E	F	G
	dog, cat, dog dog cat dog	dog	25				
2							
3							

2. The SUBSTITUTE function replaces existing text with new text in a string. LEN(SUBSTITUTE(A1,B1,"")) equals 13 (the length of the string without the words dog). If we subtract this number from 25, we get the length of the dog instances (25-13=12).

C1	A	B	C	D	E	F	G
	dog, cat, dog dog cat dog	dog	12				
2							
3							

3. Dividing this number by the length of the word dog (3), gives us the dog instances (12/3=4).

C1	A	B	C	D	E	F	G
	dog, cat, dog dog cat dog	dog	4				
2							
3							

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