

Visit 6

**Welcome back! 5 days completed,
10 more until your Quit Date.
Keep up the good work.**

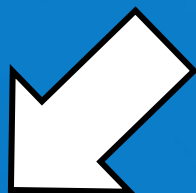
(Visit 16; free from heavy drinking thereafter!)

Hi, Dr. Brainy here, nice to see you again



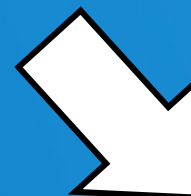
Did you answer last day's question in your diary
and practice positivity?

Yes



Good job!
You are helping
yourself to recover

No



Help us help you.
Completing those can
promote your recovery

Get to 0 Heavy Drinking Days (less than 4 drinks/day)

Knowledge is power

Deep TMS Technology



2:40 minutes

Get to 0 Heavy Drinking Days (less than 4 drinks/day)

Shape your mind



Embrace these statements

(even if you don't believe them right now)

- I will accept help
- I will change my mind
- I will respond to treatment
- I will engage in activities that are relaxing (and don't involve alcohol)
- I will be strong
- I don't need alcohol to be happy

Try to repeat those to yourself when you can – preferably outloud

Get to 0 Heavy Drinking Days (less than 4 drinks/day)

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Food for thought

Please answer these in your diary before the next treatment day:

Which of your characteristics may hold you back?

How can you address this?

