

Visit 30

You are strong, dedicated, and can free yourself from the grip of alcohol.

Goal: no heavy drinking

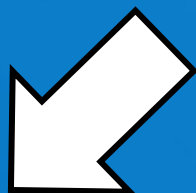
Get to 0 Heavy Drinking Days (less than 4 drinks/day)

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



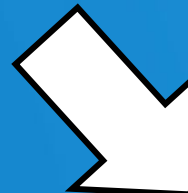
Did you answer last day's question in your diary
and practiced positivity?

Yes



Good job!
You are helping
yourself to recover

No



Help us help you.
Completing those can
promote your recovery

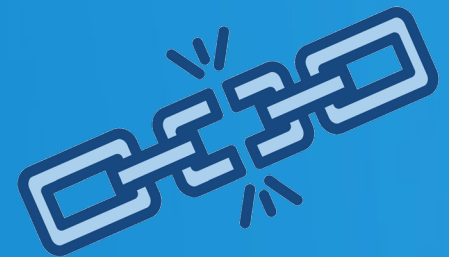


Knowledge is power

Elapse relapse

Following chronic alcohol use:

- Brain regions involved in self-regulation are weakened
- Brain regions reacting to alcohol are strengthened
- Increased craving and loss of control leads to relapse



Habit breaking

Knowledge is power



Elapse relapse - Cues

- Cues are people, places or paraphilia related to alcohol
- Cues induce widespread Brain activation that increase craving and promote relapse
- Abstinence is associated with decreased reaction of the Brain to cues



Shape your mind

Embrace these statements

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

- I'm controlling my behavior
- I'm inhibiting craving
- I'm not alone
- I'm ignoring cues
- I'm embraced



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

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Food for thought

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

Which cues can you identify?

How can you avoid them?

