

Visit 7

**Welcome back! We are proud of you
for sticking to this!**

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

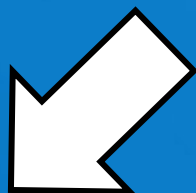
Hi, Dr. Brainy here, nice to see you again



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

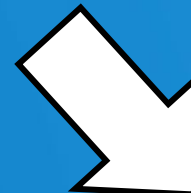


Yes



Good job!
You are helping
yourself to recover

No



Help us help you.
Completing those can
promote your recovery

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Knowledge is power



What TMS can do – To help you?

- TMS aim is to restore your Brain's balance
- It makes your Brain easier to change
- It can modify the activity of selected Brain areas
- Here, we aim to affect areas whose activity was changed by alcohol



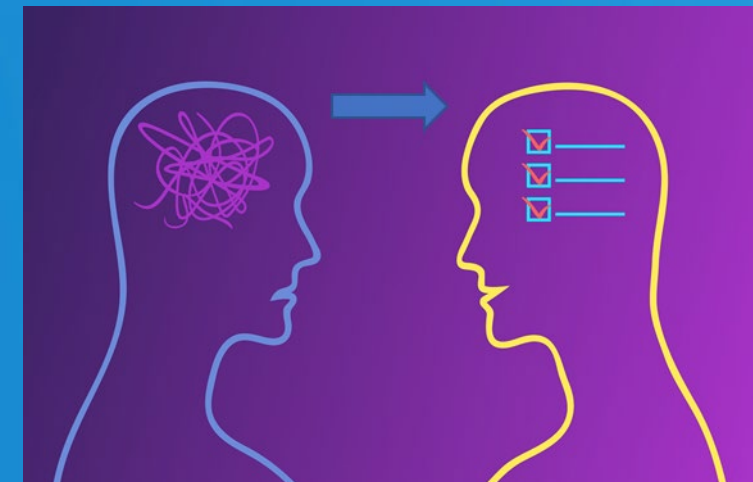
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Knowledge is power



What TMS can do – To help you?

- TMS targets Brain areas called the medial prefrontal cortex (mPFC) and anterior cingulate cortex (ACC)
- These important area's activity is changed by alcohol
- This cause unwanted functioning and behavior
- TMS aim to restore their normal functioning



Shape your mind



Embrace these statements

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

- I will change
- I will control my alcohol use
- I'm motivated to beat my hardships
- I will promote my wellness
- I am valuable
- I will get sober

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:

Do you feel that adherence to treatment can help you?

What can promote your adherence?

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