

Visit 9

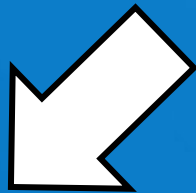
**You are doing great.
Change takes time.
We are proud of you!**

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



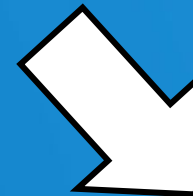
Did you answer last day's question in your diary
and practiced positivity?

Yes



Good job!
You are helping
yourself to recover

No



Help us help you.
Completing those can
promote your recovery



Knowledge is power



The goal under the coil

The mPFC functions:

- High-order cognitive functions such as decision making
- Control over functions such as reward processing
- Memory and affect (emotions)
- Disruption of the mPFC leads to bad decision making



Knowledge is power



The goal under the coil

Alcohol effects over the mPFC:

- Impaired decision making
- Impaired regulation over the hyperactive reward system
- Together, leads loss of control over alcohol use



Shape your mind



Embrace these statements

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

- I will be positive and spend time thinking about at least 1 positive thing in my life each day
- I will attend to my needs
- I will not lose my confidence when I face hardship
- I will work hard
- There are people in my life that need me

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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Drinking Days
(less than 4
drinks/day)

Food for thought



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

What is your #1 motivation to change?

Does thinking of it can reduce acute craving?

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