

# Visit 15

**Every day you succeed in not drinking heavily is a gift to your mind and body.**

**You can do this!**

**Quit date: next visit!**

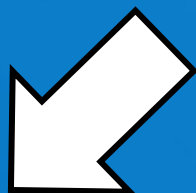
**Let's have ZERO heavy drinking for the next 5-6 months**

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



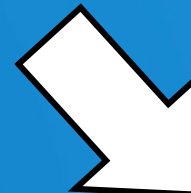
Did you answer last day's question in your diary  
and practiced positivity?

Yes



**Good job!**  
You are helping  
yourself to recover

No



**Help us help you.**  
Completing those can  
promote your recovery

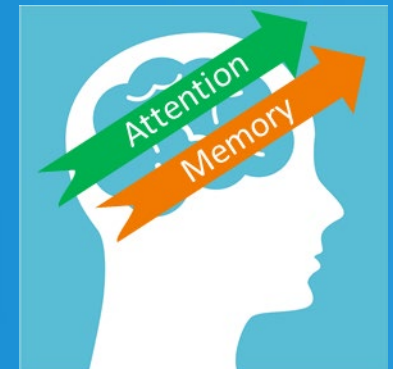


# Knowledge is power



## Brain exercises - Attention & Memory

- Practice controlling your attention to the task at hand, it will become a habit
- Train Your Brain to be flexible. For example, try to shift every 10 min between crossword and Sudoku
- Document important events that influenced your day every night
- Play “Memory Games”



# Knowledge is power



## Brain exercises - Decisions & Control

- Set at least one goal every day and strive to achieve it by the end of that day.
- Monitor your daily money spending. Write down and calculate on paper
- Practice patience. Whenever you feel overwhelmed to make a decision or take an action: stop, take a deep breath, close your eyes, and count to 10



# Shape your mind

## Embrace these statements

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

- I can accept help
- I can change my mind
- I can be resilient
- I can take care of myself
- I can be strong



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

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

# Food for thought



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

**Make a list of all activities that can increase your Attention & Memory**

**Make a list of all activities that can promote your Decision making & Control**