

# Visit 13

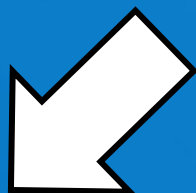
**Keep up the good work!**  
**Your Quit Date is approaching**  
**(3 visits to go)**

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



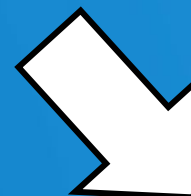
Did you answer last day's question in your diary  
and practiced positivity?

Yes



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

No



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



# Knowledge is power



## Alcohol is in control? Not any more

- Alcohol abuse leads to impulsivity
- It Increase the tendency to overvalue immediate vs. delayed reward
- High impulsivity is associated with poorer treatment outcomes
- Pay attention to your actions



# Knowledge is power

## Alcohol is in control? Not any more

- Alcohol abuse leads to reduced inhibitory control - The ability to inhibit already started reaction
- This manifests as reduced ability to withhold alcohol-related activities and thoughts
- Control yourself!



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 can refuse alcohol
- I can avoid alcohol-related environments
- I can pay attention to my actions
- I can relax
- I can do it



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:

**In which situations you are impulsive?**

**How can you avoid these situations?**

