

# Visit 2

**Welcome back!**

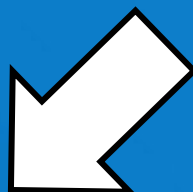
**We are so happy to have you here.**

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



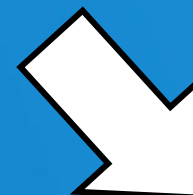
Did you answer last day's question in your diary  
and practiced positivity?

Yes



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

No



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

# Knowledge is power



## Addiction is a Brain disease – Yes, it is

- Alcohol addiction is a chronic but treatable Brain disease
- Alcohol addiction changes many Brain circuits
- However, these Brain circuits can restore normal functioning during recovery



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

# Knowledge is power

Addiction is a Brain disease – Yes, it is

Brain functions that are impaired by alcohol abuse

- Attention, memory, speech, awareness and insight
- Decision making, movement, mind-body interaction
- Increased negative affect and lost interest in non-alcohol rewards



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 will regroup
- I will respond to treatment
- I will relax
- I will accept help
- I'm important
- I can achieve sobriety and maintain it

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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# Food for thought



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

**Which of your cognitive functions were or are affected by alcohol abuse?**

**In what ways?**

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