

Visit 29

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

Goal: No heavy drinking days

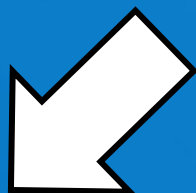
Get to 0 Heavy Drinking Days (less than 4 drinks/day)

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



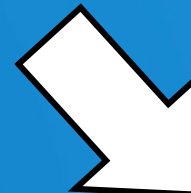
Did you answer last day's question in your diary
and practiced positivity?

Yes



Good job!
You are helping
yourself to recover

No



Help us help you.
Completing those can
promote your recovery



Knowledge is power



Summary of data 4

- Practice your cognitive skills
- Be physically, mentally, and socially active
- Be patient and hopeful
- Develop a habit (set a collection, practice art, read, etc.)



Shape your mind

Embrace these statements

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

- I'm refusing alcohol
- I'm avoiding alcohol-related environments
- I'm paying attention to my actions
- I'm patient and hopeful
- I'm doing it



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

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Food for thought

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

What advises will you give to a friend in recovery?



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