

Visit 34

Welcome back! We hope you are spending time thinking about some positive things in your life.

Goal: no heavy drinking

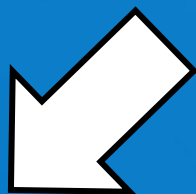
Get to 0 Heavy Drinking Days (less than 4 drinks/day)

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



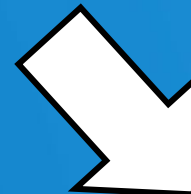
Did you answer last day's question in your diary
and practiced positivity?

Yes



Good job!
You are helping
yourself to recover

No



Help us help you.
Completing those can
promote your recovery



Knowledge is power



When falling off the wagon

- **Get right back on track. Stop drinking — the sooner the better**
- **Understand that setbacks are common when people undertake a major change. It's your progress in the long run that counts**
- **Don't run yourself down. It doesn't help. Don't let feelings of discouragement, anger, or guilt stop you from asking for help and getting back on track**

Knowledge is power



When falling off the wagon

- **Learn from what happened. Decide what you need to do so that it won't happen again, and write it down. Use the experience to strengthen your commitment**
- **Find alternatives. Keep busy with things that are not associated with drinking**
- **Get some help. Contact your healthcare provider or a sober and supportive friend**

Shape your mind

Embrace these statements

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

- I'm avoiding relapse
- I'm practicing self-regulation
- I'm promoting my wellness
- I'm taking care of myself
- I'm resilient



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:

Plan what you will do when recovering from a drinking episode while your goal is to quit



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