

Visit 32

**Everyday you are here is a step towards
better health.**

Keep up the good work!

Remember: no heavy drinking

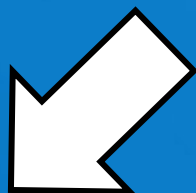
Get to 0 Heavy Drinking Days (less than 4 drinks/day)

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



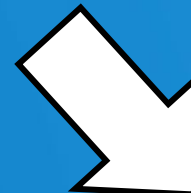
Did you answer last day's question in your diary
and practiced positivity?

Yes



Good job!
You are helping
yourself to recover

No



Help us help you.
Completing those can
promote your recovery

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

Knowledge is power



When falling off the wagon

- **Make a plan** - Before you start drinking, set a limit on how much you're going to drink
- **Set a budget** - Only take a fixed amount of money to spend on alcohol
- **Let them know** - If you let your friends and family know you're cutting down and it's important to you, you could get support from them
- **Stay hydrated** - Have a glass of water before you have alcohol and alternate alcoholic drinks with water or other non-alcoholic drinks

Knowledge is power



When falling off the wagon

- **Take it a day at a time - Cut back a little each day. That way, every day you do is a success**
- **Make it a smaller one - Try bottled beer instead of pints, or a small glass of wine instead of a large one**
- **Have a lower strength drink**
- **Take a break - Have several drink-free days each week**

Shape your mind



Embrace these statements

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

- I'm overcoming
- I'm accepting help
- I'm attending my needs
- I'm strong
- I'm loved

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

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Food for thought



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

Make a plan for a rainy day

Set a limit on how much you're going to drink and the amount of money you will spend on alcohol