

Visit 5

**You are doing great.
Change takes time.
We are proud of you!**

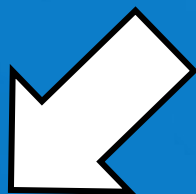
Get to 0 Heavy Drinking Days (less than 4 drinks/day)

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



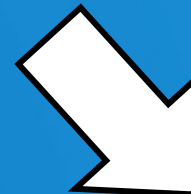
Did you answer last day's question in your diary
and practiced positivity?

Yes



Good job!
You are helping
yourself to recover

No



Help us help you.
Completing those can
promote your recovery

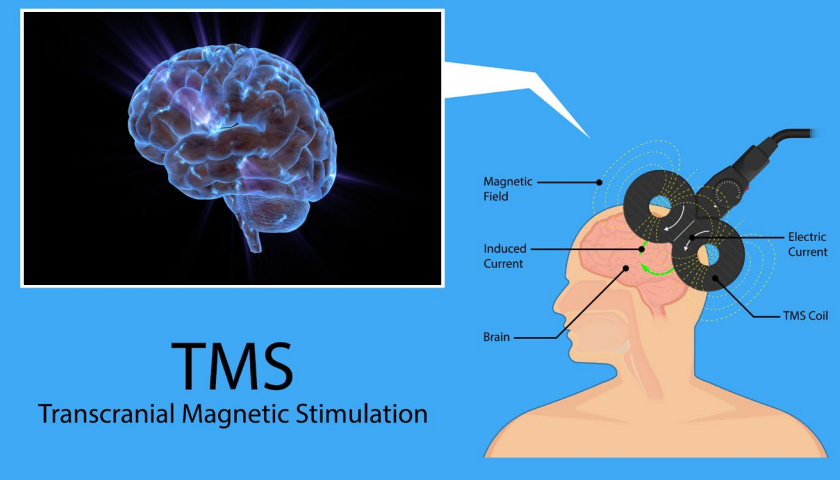
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Knowledge is power

Today, we will have a short digest of previous data

Brain functions can be enhanced:

- You are not alone
- Addiction is a Brain disease – Yes, it is
- Craving is in the Brain – which TMS can change
- Commit to change



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Shape your mind



Embrace these statements

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

- Knowledge empowers me
- I will overcome this challenge
- I am stronger than I realize
- Craving is in my Brain
- I can control my drinking, it doesn't need to control me
- I can stop drinking heavily

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

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Food for thought

Please revisit your diary, read it carefully, and see if you can add something to your answers



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