

# Visit 11

**Everyday you are here is a step  
towards better health.  
Keep up the good work!**

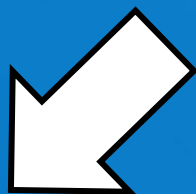
**Quit Date: 5 visits away**

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



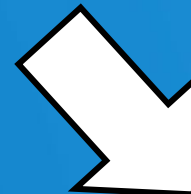
Did you answer last day's question in your diary  
and practiced positivity?

Yes



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

No



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



# Knowledge is power

Today, we will have a short digest of previous data

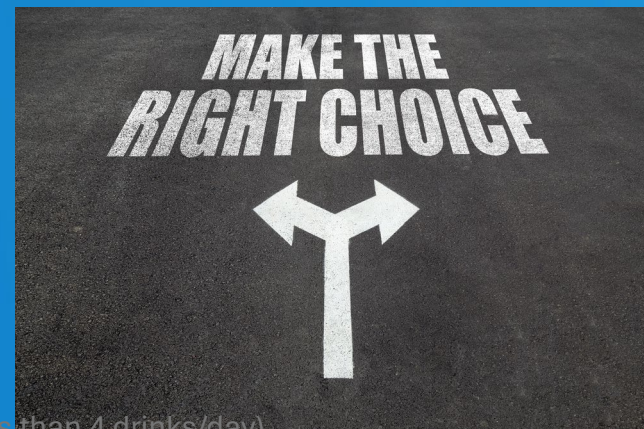
- TMS can enhance or decrease activity in selected Brain areas
- The treatment direct target areas are the mPFC and ACC



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

# Knowledge is power

- Alcohol affect these areas, which involved in high-level functions and reward processing
- TMS aim is to restore the Brain's balance



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 can control myself
- I can exercise
- I can be positive
- I can make rational decisions
- I can attain sobriety



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

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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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