

Visit 23

**Every day you succeed in not
drinking heavily is a gift to your
mind and body.
You can do this!**

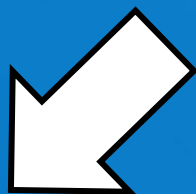
Get to 0 Heavy Drinking Days (less than 4 drinks/day)

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



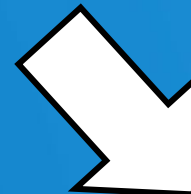
Did you answer last day's question in your diary
and practiced positivity?

Yes



Good job!
You are helping
yourself to recover

No



Help us help you.
Completing those can
promote your recovery



Knowledge is power

What happens to your body when you Stop drinking alcohol

- Improvement or reversal of most of the cognitive damage, including memory, planning, organization, behavior control, and reaction time.
- Lower blood pressure
- Maintaining a healthier body weight



Knowledge is power

What happens to your body when you Stop drinking alcohol

- Potential regeneration of damaged liver cells
- Reduction in insulin resistance
- A lowered risk of cancer with each year of sobriety



Shape your mind

Embrace these statements

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

- I'm committed to change
- I'm exercising
- I'm positive
- I'm accepting help
- I say NO to alcohol



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:

Make a plan how to say no in situations where alcohol is present and you are offered a drink



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