

Visit 21

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

Keep up the good work!

Goal: no heavy drinking

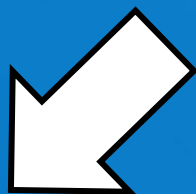
Get to 0 Heavy Drinking Days (less than 4 drinks/day)

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



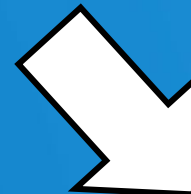
Did you answer last day's question in your diary
and practiced positivity?

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

The immediate effects of cutting down include:

- Feeling better in the mornings
- Being less tired during the day
- Better looking skin
- Feeling more energetic
- Better weight management



Knowledge is power

When falling off the wagon

The long-term effects of cutting down include:

- Better mood
- Better sleep
- Better health
- Behavior is less aggressive and more rational



Shape your mind

Embrace these statements

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

- I'm attending to my beloved ones
- I'm standing by my decisions
- I'm attending my needs
- I'm not losing my morale
- I'm working hard



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

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

Food for thought



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

Write down your reasons for wanting to stop drinking

Listing the positive impact this can have on your body, mental health, finances, relationships, and other areas of your life can help keep you motivated