

Visit 28

**Every day you succeed in not drinking heavily is
a gift to your mind and body.**

You can do this!

**Remember: No heavy drinking. You are strong.
Your mind is getting stronger.**

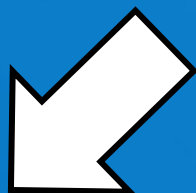
Get to 0 Heavy Drinking Days (less than 4 drinks/day)

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



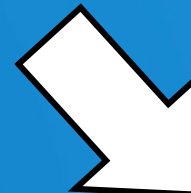
Did you answer last day's question in your diary
and practiced positivity?

Yes



Good job!
You are helping
yourself to recover

No



Help us help you.
Completing those can
promote your recovery



Knowledge is power



Summery of data 3

- The TMS targets are the mPFC and ACC
- These areas are important to cognitive functioning and control
- Alcohol-affected activity leads to affected functionality
- Activity can recover following treatment and during recovery



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Shape your mind

Embrace these statements

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

- I'm avoiding stress
- I'm relaxed
- I'm controlling my feelings
- I'm cool headed
- I'm thinking rationally



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:

What advises will you give to a friend starting this treatment?



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