

# Visit 36 - Last Day

**Congratulations!!!! You have shown tremendous dedication to improving your health. We knew you could do it.**

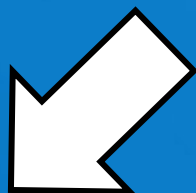
**We hope the lessons and positive mantras you have learned here will help as you continue to walk down the road of recovery.**

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



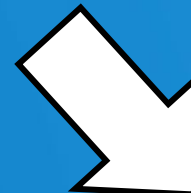
Did you answer last day's question in your diary  
and practiced positivity?

Yes



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

No



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

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

# Knowledge is power



## This is your last session, please remember to:

- Help yourself and use the help of others
- Your motivations and pitfalls
- Exercise your mind, body, and skills
- Change your Brain by changing your mind



# Shape your mind



## Embrace these statements

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

- I can control myself
- I'm doing it
- I'm responding
- I make rational decisions
- I'm appreciated

**Try to keep practicing positivity as much as you can**

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# Food for thought



- Please revisit your diary, read it carefully, and see if you can add something to your answers
- Return to the diary when needed - it will remind you of the difficulties you have overcome, your motivation to change, the places that still require work, and ways to overcome obstacles

**Good luck, we believe in you!**

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