

# Visit 26

**Welcome back!**

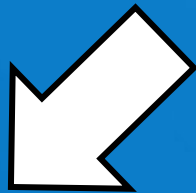
**We are so happy that you are here &  
investing in making yourself healthier  
(mentally and physically)**

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



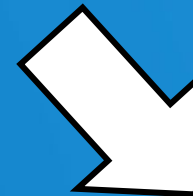
Did you answer last day's question in your diary  
and practiced positivity?

Yes



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

No



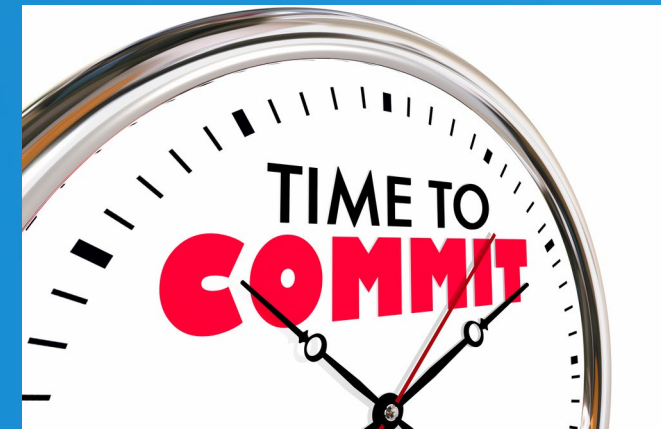
**Help us help you.**  
Completing those can  
promote your recovery



# Knowledge is power

## Summary of data 1

- Alcohol addiction is a Brain disease – Yes, it is
- Brain functions are impaired by alcohol abuse
- Craving is in the Brain – which TMS can change
- Commit to change



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'm avoiding relapse
- I'm practicing self-regulation
- I'm promoting my wellness
- I'm taking care of myself
- I'm positive



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:

**What will you say to someone at risk of developing addiction?**



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