

Visit 12

Welcome back! We hope you are spending time thinking about some positive things in your life.

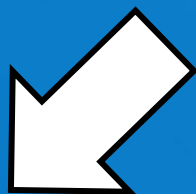
**If nothing else, your commitment to this study is fantastic! We are proud of you!
(Quit date: 4 Visits away)**

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



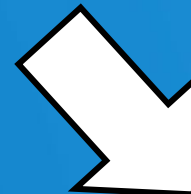
Did you answer last day's question in your diary
and practiced positivity?

Yes



Good job!
You are helping
yourself to recover

No



Help us help you.
Completing those can
promote your recovery



Knowledge is power



Alcohol is in control? Not any more

- **Attentional bias is a tendency to focus on certain information over other information**
- **Alcohol cues attract high attentional bias**
- **Alcohol attentional bias is correlated with craving and relapse**
- **Pay attention to your attention**

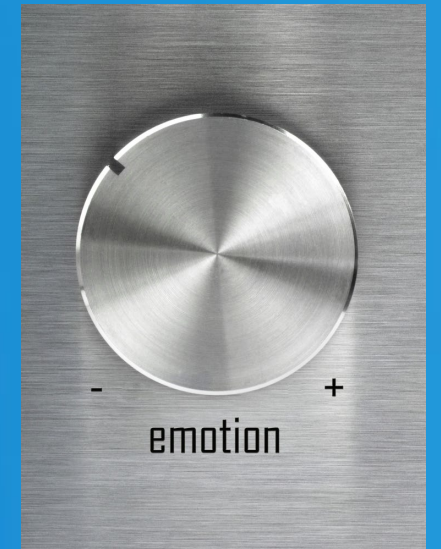


Knowledge is power



Alcohol is in control? Not any more

- Alcohol abuse leads to difficulties in emotion regulation
- This leads to high rates of negative affect and stress
- Stress correlate with craving and relapse
- Pay attention to your reactions



Shape your mind

Embrace these statements

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

- I can control my behavior
- I can inhibit craving
- I can promote my own physical and mental wellness
- I can ignore cues
- I can be embraced



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

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

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Food for thought

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

In which situations you can't control your emotions?

How can you avoid these situations?

