

Visit 4

Welcome back!

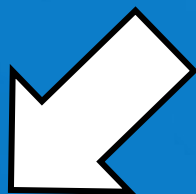
**We are so happy that you are here &
investing in making yourself healthier
(mentally and physically)**

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



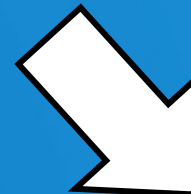
Did you answer last day's question in your diary
and practiced positivity?

Yes



Good job!
You are helping
yourself to recover

No

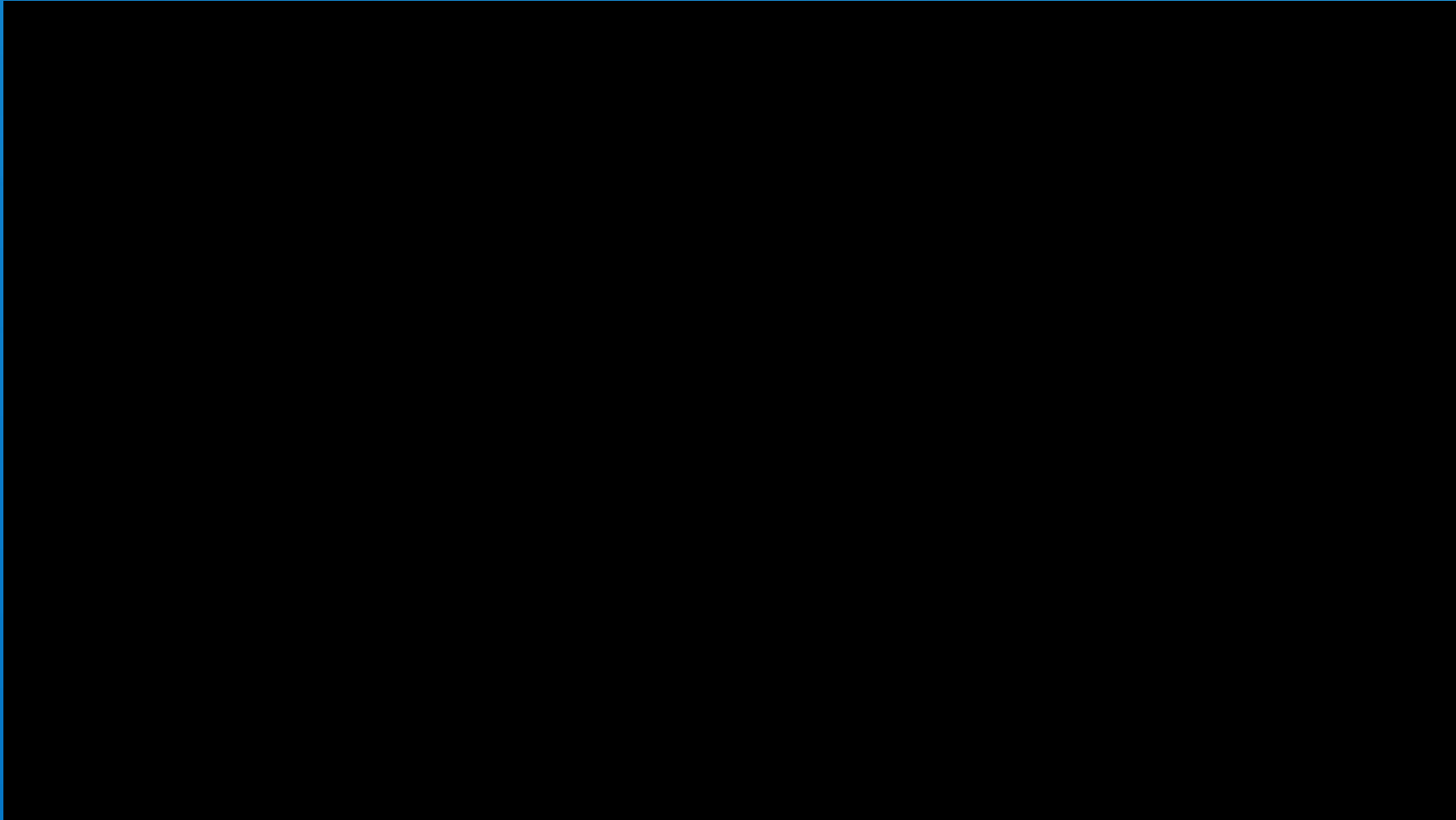


Help us help you.
Completing those can
promote your recovery

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

Knowledge is power

Craving is in the Brain – which TMS can change



3:40 minutes

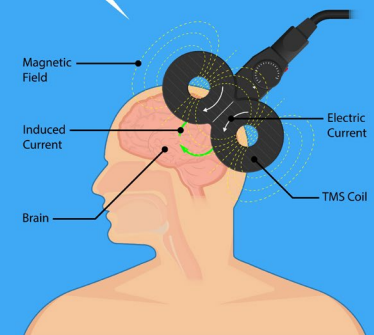
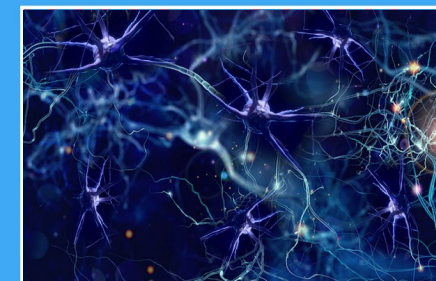
From the U.S. National Institutes of Health

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

Knowledge is power

Craving is in the Brain – which TMS can change

- Chronic craving changes the Brain
- Then, craving persist as unnecessary outputs of the Brain
- The TMS treatment is about reshape your Brain



TMS

Transcranial Magnetic Stimulation

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 will change
- I will control my alcohol use
- I'm motivated to beat my hardships
- I will promote my wellness
- I will be valuable
- The work I am doing now to be sober will be worth it

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

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

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

Food for thought



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

If you commit to change, what are the best things that can happen?

If you want to commit to change, what are the worse things that can happen?

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

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