

# Visit 20

**Everyday you are here is a step towards  
better health.**

**Keep up the good work!**

**Remember: no heavy drinking**

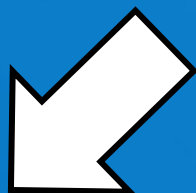
Get to 0 Heavy Drinking Days (less than 4 drinks/day)

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



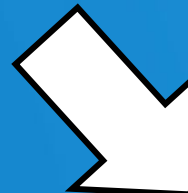
Did you answer last day's question in your diary  
and practiced positivity?

Yes



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

No



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



# Knowledge is power



## When falling off the wagon

- **Make a plan - Before you start drinking, set a limit on how much you're going to drink**
- **Set a budget - Only take a fixed amount of money to spend on alcohol**
- **Let them know - If you let your friends and family know you're cutting down and it's important to you, you could get support from them**
- **Stay hydrated - Have a glass of water before you have alcohol and alternate alcoholic drinks with water or other non-alcoholic drinks**

# Knowledge is power

## When falling off the wagon

- Take it a day at a time - Cut back a little each day. That way, every day you do is a success
- Make it a smaller one - Try bottled beer instead of pints, or a small glass of wine instead of a large one
- Have a lower strength drink
- Take a break - Have several drink-free days each week



# Shape your mind

## Embrace these statements

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

- I'm overcoming
- I'm accepting help
- I'm attending my needs
- I'm strong
- I'm loved



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 these in your diary before the next treatment day:

**Make a plan for a rainy day**

**Set a limit on how much you're going to drink and the amount of money you will spend on alcohol**