

Visit 16 -

Congratulations – you have shown tremendous dedication thus far. Lets keep it up! We are proud of you.

Quit date: TODAY

Goal: ZERO heavy drinking for the next 5-6 months

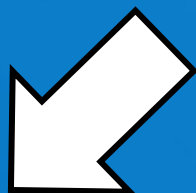
Get to 0 Heavy Drinking Days (less than 4 drinks/day)

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



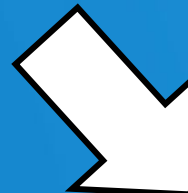
Did you answer last day's question in your diary
and practiced positivity?

Yes



Good job!
You are helping
yourself to recover

No



Help us help you.
Completing those can
promote your recovery



Knowledge is power



Brain exercises - Feeling good

- Use positive language and thinking
- Consistently acknowledge things for which you are grateful
- Volunteer for charity
- Choose joyful hobbies that help you relax and feel joyful

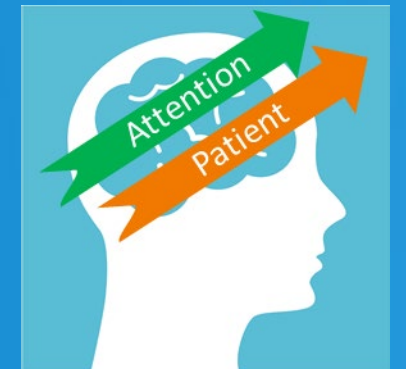


Knowledge is power



Brain exercises - Social cognition

- Prepare conversation topics in advance
- Take interest in your partner
- Listen carefully to advises and think about them before reacting
- Be patient to others



Shape your mind

Embrace these statements

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

- I'm controlling myself
- I'm prepared
- I'm noticing others
- I'm making rational decisions
- I'm appreciated



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 list of all activities that can promote good feeling

Make a list of all activities that can promote positive social interaction