

Visit 19

You are doing great. Change takes time.

We are proud of you!

Goal: no heavy drinking

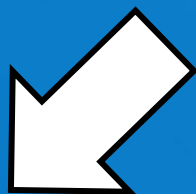
Get to 0 Heavy Drinking Days (less than 4 drinks/day)

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



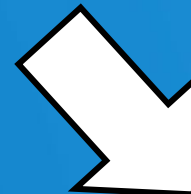
Did you answer last day's question in your diary
and practiced positivity?

Yes



Good job!
You are helping
yourself to recover

No



Help us help you.
Completing those can
promote your recovery



Knowledge is power

Elapse relapse – Stress

- Stressful life events are known to promote Craving and Relapse
- Stress induce widespread changes to Brain signaling in areas associated with addiction
- As the Brain recover the effect heals



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Knowledge is power



Elapse relapse - Single lapse

- A single use of any drug can cause relapse
- It energize the dominant and habitual response of alcohol taking
- It cause you to perceive your behavior as uncontrollable
- Avoid the use of any drug

A single lapse can tie the knot on relapse



Shape your mind

Embrace these statements

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

- I'm refusing drugs
- I'm avoiding drug-related environments
- I'm paying attention to my actions
- I'm doing it
- I'm relaxed



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

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Food for thought



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

Which conditions are more stressful to you and how can you relax?

In which conditions you are more prone to lapse and how can you avoid them?