

Visit 25

Its always good to see you here 😊
Thanks for showing up consistently!
We knew you could do this.

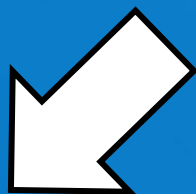
Great work thus far!

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



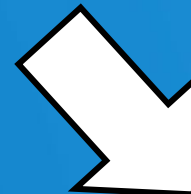
Did you answer last day's question in your diary
and practiced positivity?

Yes



Good job!
You are helping
yourself to recover

No



Help us help you.
Completing those can
promote your recovery



Knowledge is power

For your recovery

Be more physically and mentally active

- Try to make time for regular exercise
- Physical activity promote your Brain recovery
- Progress gradually into difficult and challenging levels of exercise



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

Knowledge is power



For your recovery

Be more socially active

- Try exercising in group-settings
- Interact with people in successful recovery to benefit from their experience, strength, and hope
- Participate regularly in a support groups



Shape your mind

Embrace these statements

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

- I'm committed to change
- I'm exercising
- I'm positive
- I'm exercising my Brain
- 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 this in your diary before the next treatment day:

Make a list of all activities that can promote you being more physically and mentally active



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