

Visit 27

Congratulations – you have shown tremendous dedication thus far.

Lets keep it up! Remember, no heavy drinking.

We are proud of you.

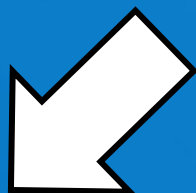
Get to 0 Heavy Drinking Days (less than 4 drinks/day)

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



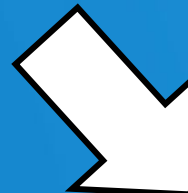
Did you answer last day's question in your diary
and practiced positivity?

Yes



Good job!
You are helping
yourself to recover

No



Help us help you.
Completing those can
promote your recovery

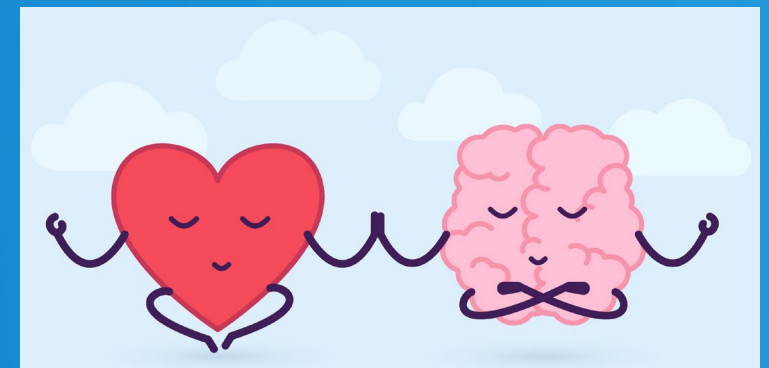


Knowledge is power



Summary of data 2

- Elapse relapse by avoiding unhealthy situations
- Alcohol-cues, stress, or a single lapse can promote craving and relapse
- Brain regions involved in self-regulation and reaction to alcohol are modified
- TMS aim to restore the Brain's balance



Shape your mind

Embrace these statements

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

- I'm controlling my behavior
- I'm inhibiting craving
- I feel good
- I'm ignoring cues
- I'm embraced



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

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Food for thought

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

What advises will you give to an addicted friend?



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