

# Visit 8

**You have completed 50% of the acute phase. Great dedication!**

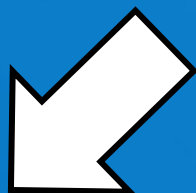
**Keep up the good work!**

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



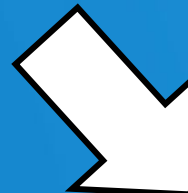
Did you answer last day's question in your diary  
and practiced positivity?

Yes



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

No



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

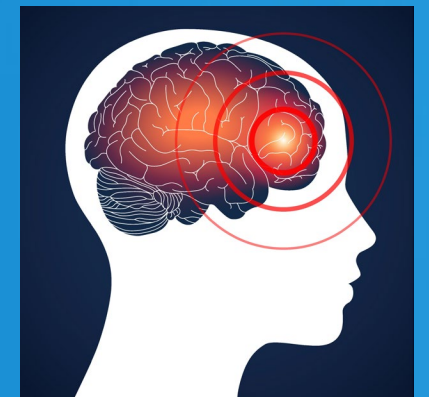


# Knowledge is power



## What TMS can do – To help you?

- TMS generate an electric field that enter the mPFC and ACC
- There, the electric field activate the Brain cells
- Activation of the cells changes their connectivity
- Changing the connectivity changes the memories of craving and restore normal functioning

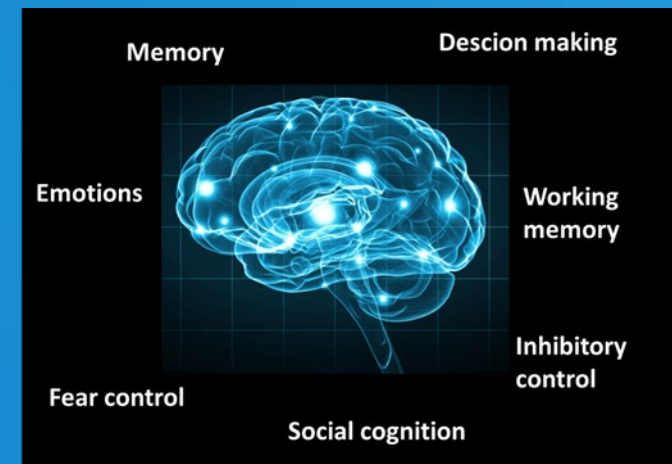


# Knowledge is power



## What TMS can do – To help you?

- The mPFC and ACC are important to many functions
- Alcohol use leads to modifications of their functioning
- These modifications correlate with relapse
- TMS aim is to prevent relapse by remodify the Brain



# Shape your mind



## Embrace these statements

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

- I will regain control over my cravings
- I can and I will stop purchasing alcohol
- I will spend more alcohol-free time with my loved ones
- I have valuable things to contribute
- I will have a more fulfilling life once I am sober

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

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

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# Food for thought



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

**When in your life you faced significant decision making situation?**

**How can this experience help you now?**