

Visit 14

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

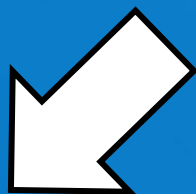
**Great work thus far!
Your Quit Date is approaching
(just 2 visits to go)**

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



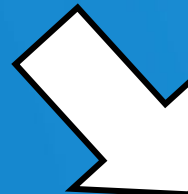
Did you answer last day's question in your diary
and practiced positivity?

Yes



Good job!
You are helping
yourself to recover

No



Help us help you.
Completing those can
promote your recovery



Knowledge is power

Train - to recover your Brain

Brain functions can be enhanced:

- Exercise your attention and memory skills
- Set daily time-restricted targets
- Write a diary
- Interact with others and use positive language



Knowledge is power

Train - to recover your Brain

The Brain take time to recover but this can be promoted:

- Commit to change
- Exercise your Brain and body
- Eat healthy and try to relax
- Be socially active



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

Shape your mind

Embrace these statements

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

- I can accomplish my goals
- I can exercise my Brain
- I can be positive
- I can pay attention to others
- I can be important to others



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:

If you commit to exercise your Brain, what are the best things that can happen?

If you want commit to exercise your Brain, what are the worse things that can happen?