

Visit 3

You are strong, dedicated, and can free yourself from the grip of alcohol.

Visit 16 is your Quit Date.

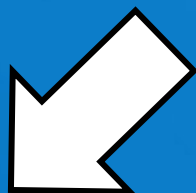
Goal: no heavy drinking by Visit 16

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



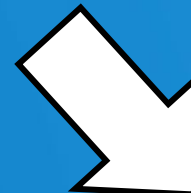
Did you answer last day's question in your diary
and practiced positivity?

Yes



Good job!
You are helping
yourself to recover

No



Help us help you.
Completing those can
promote your recovery

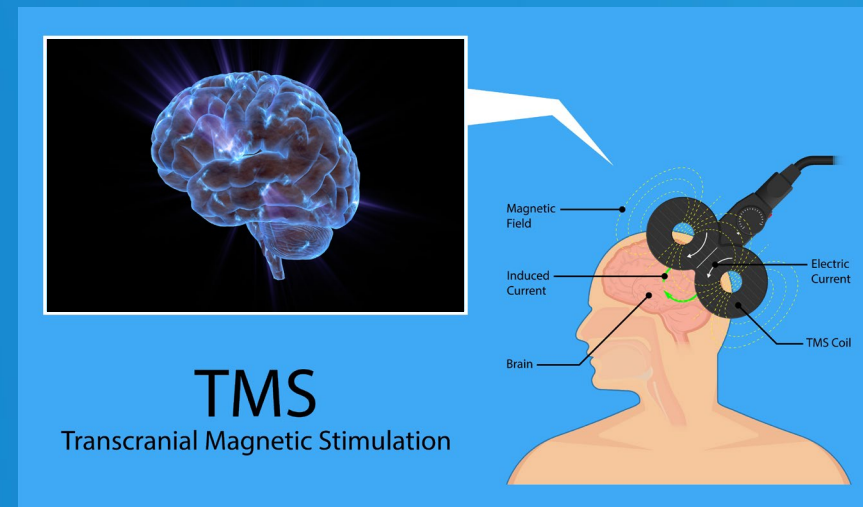
Get to 0 Heavy Drinking Days (less than 4 drinks/day)

Knowledge is power



Craving is in the Brain – which TMS can change

- The Brain's data and functions are stored as memories
- Craving is a very strong memory
- Memories are stored as connections between Brain cells
- TMS can affect these connections, change the memory and help to reduce craving

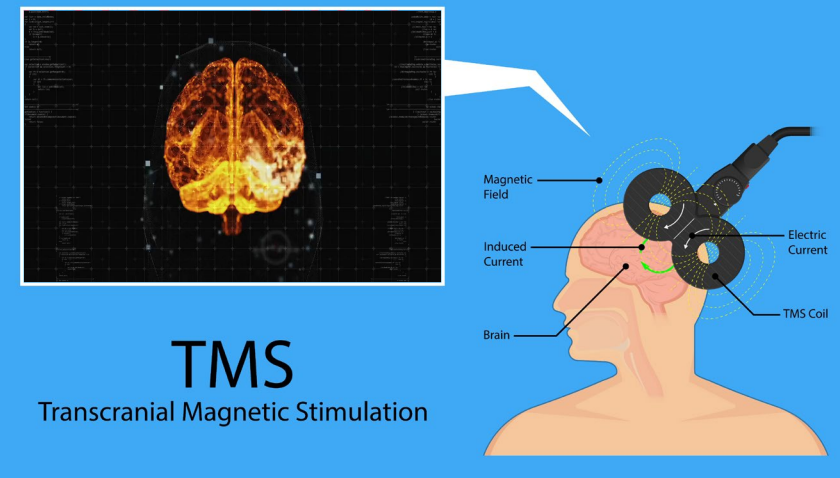


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Knowledge is power

Craving is in the Brain – which TMS can change

- Alcohol use cause your Brain to be “wound-up”
- Your reward systems misbehave
- As a result, you process reward incorrectly
- The TMS treatment aim to correct this activity



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Shape your mind



Embrace these statements

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

- I will accept help
- I will change my mind
- I will make rational decisions
- I was happy before alcohol and can be again
- I can be strong
- I can be sober

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

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Food for thought



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

Which alcohol-related changes do you notice about yourself?

Which conditions in the past caused you to change your mind?

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