

# Visit 31

**You are doing great. Change takes time.**

**We are proud of you!**

**Goal: no heavy drinking**

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

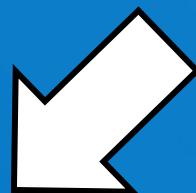
Hi, Dr. Brainy here, nice to see you again



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

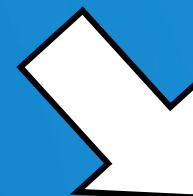


Yes



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

No



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

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

# Knowledge is power

## Elapse relapse – Stress

- Stressful life events are known to promote Craving and Relapse
- Stress induce widespread changes to Brain signaling in areas associated with addiction
- As the Brain recover the effect heals



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



# Knowledge is power



## Elapse relapse - Single lapse

- A single use of any drug can cause relapse
- It energize the dominant and habitual response of alcohol taking
- It cause you to perceive your behavior as uncontrollable
- Avoid the use of any drug

**A single lapse can tie the knot on relapse**



# Shape your mind

## Embrace these statements

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

- I'm refusing drugs
- I'm avoiding drug-related environments
- I'm paying attention to my actions
- I'm doing it
- I'm relaxed



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

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# Food for thought



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

**Which conditions are more stressful to you and how can you relax?**

**In which conditions you are more prone to lapse and how can you avoid them?**