

Visit 24

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

Remember: no heavy drinking

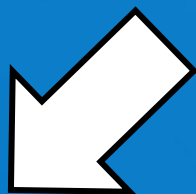
Get to 0 Heavy Drinking Days (less than 4 drinks/day)

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



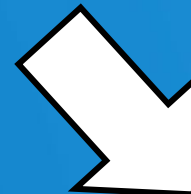
Did you answer last day's question in your diary
and practiced positivity?

Yes



Good job!
You are helping
yourself to recover

No



Help us help you.
Completing those can
promote your recovery



Knowledge is power



Brain exercises - For your recovery

Commit to abstinence

- Your Brain is very vulnerable to any intoxicant during recovery
- Commit to “total abstinence” from any drug
- Avoid high risk places and people



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Knowledge is power

Brain exercises - For your recovery

Be patient and hopeful

- Treat your Brain as you would any other injured part of your body
- Accept that you will achieve your Brain health gradually
- Honor the fact that your Brain needs exercise to be able to regain its fully-integrated functions



Shape your mind

Embrace these statements

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

- I'm attending to my beloved ones
- I'm standing by my decisions
- I'm attending my needs
- I'm not losing my morale
- I'm working hard



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:

Make a list of all activities that can promote your commitment to abstinence



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