

Visit 10

It's great to see you here again.

Your Quit Date is 6 visits away.

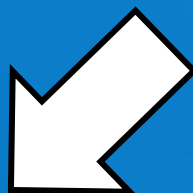
Remember, no heavy drinking is the goal.

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



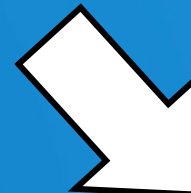
Did you answer last day's question in your diary
and practiced positivity?

Yes



Good job!
You are helping
yourself to recover

No



Help us help you.
Completing those can
promote your recovery



Knowledge is power



The goal under the coil

The ACC functions:

- Involved in high-level functions, especially during conflict
- Integrates thoughts and behaviors
- Critical for self-control, outcome monitoring and behavioral adjustment



Knowledge is power



The goal under the coil

Alcohol effects over the mPFC:

- ACC activity is positively associated with addiction severity, craving levels, and relapse
- It shrinks and weakens by alcohol but recover during abstinence



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 will commit to sobriety
- I will improve my health – though exercise, eating better, and relaxing
- I will be positive – dwelling on at least 1 positive thing each day
- I will pay attention to others – listening and asking questions
- I will control myself
- I am stronger than alcohol

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

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Food for thought



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

How can you tip the scale in the conflict between alcohol's rewarding effects and its adverse consequences?

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