

Visit 17

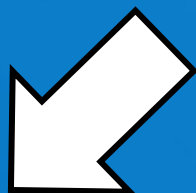
Welcome back!
We are so happy to
have you here.

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



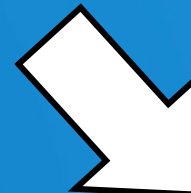
Did you answer last day's question in your diary
and practiced positivity?

Yes



Good job!
You are helping
yourself to recover

No



Help us help you.
Completing those can
promote your recovery



Knowledge is power



Today, we will have a short digest of previous data

- You are not alone
- Addiction is a Brain disease – yes, it is
- Craving is in the Brain – which TMS can change
- Craving increase in response to alcohol-cues, stress, or a single lapse
- Avoid relapse by avoiding unhealthy situations



Shape your mind

Embrace these statements

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

- I'm avoiding relapse
- I'm practicing self-regulation
- I'm promoting my wellness
- I'm taking care of myself
- I'm resilient



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 revisit your diary, read it carefully, and see if you can add something to your answers



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