PURE DESIRE MINISTRIES®

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F.A.S.T.E.R. RELAPSE AWARENESS SCALE

ADAPTED FROM THE GENESIS PROCESS BY MICHAEL DYE

RESTORATION **(Accepting life on God's terms, with trust, vulnerability, and gratitude.)**

- No current secrets
- Working to resolve problems, identifying fears/feelings
- Keeping commitments to meetings, prayer, family, church, people, goals, and self
- Being open and honest, making eye contact
- Reaching out to others
- Increasing in relationships with God and others
- True accountability

FORGETTING PRIORITIES **(Start believing the present circumstances and start moving away from trusting God. Denial, flight, a change in what's important, how you spend your time and what you think about.)**

- Secrets
- Less time/energy for God, meetings, church
- Avoiding support and accountability people
- Superficial conversations
- Sarcasm
- Isolating
- Changes in goals
- Obsessed with relationships
- Breaking promises and commitments
- Neglecting family
- Preoccupation with material things: TV, computers, other entertainment
- Procrastination
- Lying
- Over-confidence
- Bored
- Hiding money

Forgetting Priorities will lead to:

ANXIETY **(A growing background noise of undefined fear; getting energy from emotions.)**

- Worry, using profanity, being fearful
- Being resentful
- Replaying old negative thoughts
- Perfectionism
- Judging other's motives
- Making unrealistic goals and to-do lists
- Mind-reading
- Fantasy, co-dependent rescuing
- Sleep problems, trouble concentrating, seeking drama
- Gossip
- Using OTC medication for pain/sleep/weight control
- Flirting

Anxiety then leads to:

SPEEDING UP **(Trying to outrun the anxiety, which is usually the first sign of depression.)**

- Super busy and always in a hurry (finding good reason to justify the busyness), workaholic, can't relax
- Avoiding slowing down
- Feeling driven
- Can't turn off thoughts
- Skipping meals
- Binge eating (usually at night)
- Overspending
- Can't identify own feelings/needs
- Repetitive negative thoughts
- Irritable
- Dramatic mood swings
- Too much caffeine
- Over-exercising
- Nervousness
- Difficulty being alone &/or with people
- Difficulty listening to others
- Making excuses for having to "do it all".

Speeding Up then leads to:
TICKED OFF **(Getting adrenaline high from anger and aggression.)**

- Procrastination causing crisis in money, work, relationships
- Increasing sarcasm
- Black and white (all or nothing) thinking
- Feeling alone
- Nobody understands
- Overreacting, road rage
- Constant resentments
- Pushing others away
- Increasing isolation
- Blaming
- Arguing
- Irrational thinking
- Can't take criticism
- Defensive
- People avoiding you
- Needing to be right
- Digestive problems
- Headaches
- Obsessive (stuck) thoughts
- Can't forgive
- Feeling superior
- Using intimidation

Ticked Off then leads to:
EXHAUSTED **(Loss of physical and emotional energy; coming off the adrenaline high, onset of depression.)**

- Depressed
- Panicked
- Confused
- Hopelessness
- Sleeping too much or too little
- Can't cope
- Overwhelmed
- Crying for "no reason"
- Can't think
- Forgetful
- Pessimistic
- Helpless
- Tired
- Numb
- Wanting to run
- Constant cravings for old coping behaviors
- Thinking of using sex, drugs, or alcohol
- Seeking old unhealthy people & places
- Really isolating
- People angry with you
- Self abuse
- Suicidal thoughts
- Spontaneous crying
- No goals
- Survival mode
- Not returning phone calls
- Missing work
- Irritability
- No appetite

Exhausted then leads to:
RELAPSE **(Returning to the place you swore you would never go again.)**

- Giving up and giving in
- Out of control
- Lost in your addiction
- Lying to yourself and others
- Feeling you just can't manage without your coping behaviors, at least for now
- Result is reinforcement of shame, guilt, and condemnation, and feelings of abandonment and being alone.

FASTER SCALE EXERCISE

1. Underline all the behaviors on the FASTER Scale that you identify with.

2. Circle the most powerful one in each section. Write it in the corresponding heading below.

3. Answer these three questions:

- **A.** How does it affect me? How do I act and feel?
- **B.** How does it affect the important people in my life?
- **C.** Why do I do this? What is the benefit for me?

RESTORATION: _____

A. _____

B. _____

C. _____

FORGETTING PRIORITIES: _____

A. _____

B. _____

C. _____

ANXIETY: _____

A. _____

B. _____

C. _____

SPEEDING UP: _____

A. _____

B. _____

C. _____

TICKED OFF: _____

A. _____

B. _____

C. _____

EXHAUSTED: _____

A. _____

B. _____

C. _____

RELAPSE: _____

A. _____

B. _____

C. _____

WEEKLY PD GROUP CHECK-IN

1. What is the lowest level you reached on the Faster Scale this week?

2. What was the Double Bind you were dealing with?

3. Where are you on your Commitment to Change you made at the end of our last meeting?

4. Have you lied to anyone this week either directly or indirectly?

5. If you are married, what have you done to improve your relationship with your wife this week?

6. What area do you need to change or what challenge are you facing next week?

A. What will it cost you emotionally if you do change?

B. What fear do you feel with what you have chosen to change?

C. What will it cost you if you don't change?

D. What is your plan to maintain your restoration regarding these changes?

7. Who will keep you accountable to this commitment? What are the details of your accountability for this week? What questions should they ask you?