

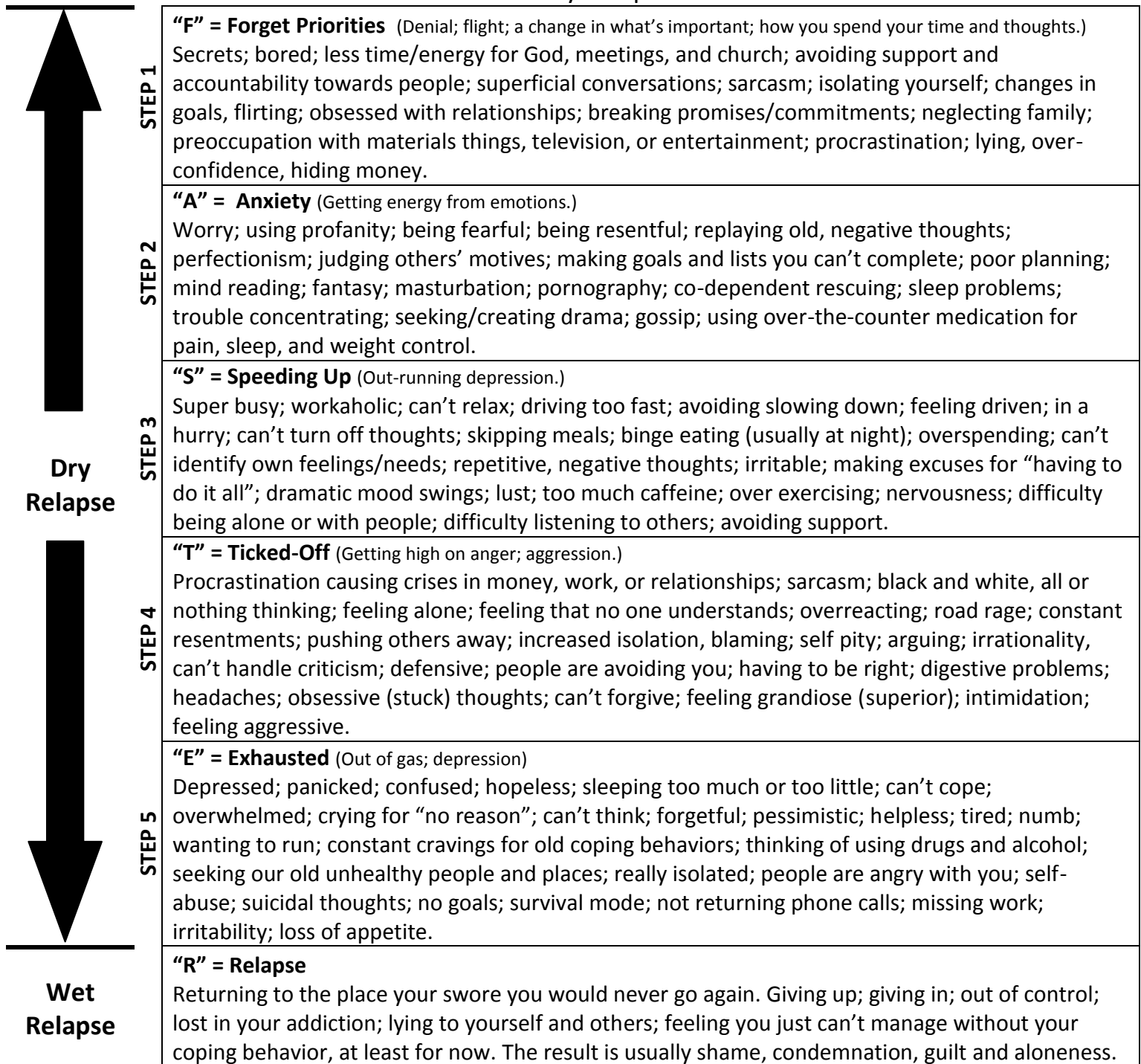
Instructions: Check your thinking by referring to this scale. You may be experiencing an incident rather than a pattern. Having Dry Relapse symptoms doesn't mean you're in a Relapse Pattern. Circle behaviors with which you can identify with either now or in the past. Reoccurring symptoms indicate a Dry Relapse Pattern.

FASTER RELAPSE AWARENESS SCALE

Recovery (What people in recovery look like)

No current secrets; resolving problems; identifying fears and feelings; keeping commitments to meetings, prayer, family, church, people, goals, and self; being open; being honest; making eye contact; reaching out to others; increasing in relationships with God and other; accountability.

The F – A – S – T – E – R Dry Relapse Pattern



FASTER SCALE EXERCISE

1. Circle the behaviors on the FASTER Scale in each section that you identify which.
2. Identify the most powerful one in each section and write it next to the corresponding healing.
3. Answer the three questions.
 - a. How does the behavior affect me (make me act and feel)?
 - b. How does it affect my relationships (make others act and feel)?
 - c. Why do I do this, what is it there for (what benefit do I get from doing this)?

Recovery:

- A.
- B.
- C.

Forget 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.

