



FASTER AWARENESS SCALE

This tool can help you see a relapse coming from over a week away, As you grow in emotional awareness you will be able to see when you are moving from a place of restoration toward relapse. The instruction of how to use are below.

Restoration – (Accepting life on God’s terms, with trust, grace, mercy, vulnerability and gratitude.) No current secrets; working to resolving problems, identifying fears and feelings; keeping commitments to meetings, prayer, family, church, people, goals, and self; being open and honest, making eye contact; increasing in relationships with God and others; true accountability.

Forgetting Priorities – (I start believing the present circumstances and moving away from trusting God. Denial, flight, changes in what’s important, how you spend your time, energy, and thoughts.) 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 & commitments; neglecting family; preoccupation with material things, T.V., computers, 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 goals and lists that you can’t complete; mind reading; fantasy, co-dependent rescuing; sleep problems, trouble concentrating, seeking/creating drama; gossip; using over the counter medication for pain, sleep or 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 work), 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 and/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 on anger and aggression.) Procrastination causing crisis in money, work, and relationships; increased 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 and the 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/Moral Failure – (Returning to the place you swore you would never go again. Coping with life on your terms, you are sitting in the driver’s seat instead of God.) 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. The result is the reinforcement of shame, guilt and condemnation, and feelings of abandonment and being alone.



Day 1. _____ 2. _____

3. _____ 4. _____

5. _____ 6. _____

Lowest on scale for the week _____

A. _____

B. _____

C. _____

D. _____

Day 1. _____ 2. _____

3. _____ 4. _____

5. _____ 6. _____

Lowest on scale for the week _____

A. _____

B. _____

C. _____

D. _____

Day 1. _____ 2. _____

3. _____ 4. _____

5. _____ 6. _____

Lowest on scale for the week _____

A. _____

B. _____

C. _____

D. _____



Day 1. _____ 2. _____
3. _____ 4. _____
5. _____ 6. _____

Lowest on scale for the week _____
A. _____
B. _____
C. _____
D. _____

Faster Scale Instructions

1. Each day 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 daily heading. Each week, pick the lowest you reached on the scale and answer the following questions.

- A. How does this behavior affect me? (How do I act and feel?)
- B. How does this behavior affect the important people in my life?
- C. What is the double bind that is driving me down the scale?
- D. What do you need to do to return to restoration? (Resolve D, B, etc.)

Weekly Check in Calls:

Week 1 Calls 1. _____ 2. _____ 3. _____
Week 2 Calls 1. _____ 2. _____ 3. _____
Week 3 Calls 1. _____ 2. _____ 3. _____
Week 4 Calls 1. _____ 2. _____ 3. _____

Adapted from the Genesis Process by Michael Dye – genesisprocess.org