

The F.A.S.T.E.R. Scale

(Adapted From the Genesis Process by Micheal Dye)

The FASTER scale is a relapse prevention tool that helps people understand when they are heading toward a relapse. “FASTER” is an acronym that stands for Forgetting Priorities, Anxiety, Speeding Up, Ticked Off, Exhausted and Relapse. Someone steps on the scale when they are not living in restoration and begins the process of moving down the FASTER scale toward relapse. Using the FASTER scale helps individuals understand their core emotions and behaviors driving their unwanted behavior. It’s important to know that you cannot work your way up the scale, rather you must completely step off the scale by resolving the double binds that drove you down the scale. You can learn more about a double bind [here](#).

To use the FASTER scale, begin by working your way down the scale and check off all the emotions or behaviors you identify with right now or in the recent past. For some people, it is beneficial to start from the bottom of the scale and to work your way up. Circle the most powerful emotion or behavior from each section of the FASTER scale.

Restoration (Accepting life on God’s terms with trust, grace, mercy, vulnerability and gratitude.)

- No current secrets
- Resolving problems
- Identifying fears and feelings
- Keeping commitments
- Being open and honest
- Making eye contact
- Reaching out to others
- Increasing in relationships with God and others
- Accountability

Forgetting Priorities (Start believing the present circumstances and move away from trusting God. Denial, flight, changes in what’s important, how you spend your time, energy and thoughts.)

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

Forgetting Priorities leads 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 others' motives
- Making goals and lists you can't complete
- Poor planning
- Mind reading
- Fantasy
- Co-dependent rescuing
- Sleep problems
- Trouble concentrating
- Seeking/creating drama
- Gossip
- Using over-the-counter medication for pain, sleep, and weight control

Anxiety leads to:

Speeding Up (Trying to outrun the anxiety which is usually the first sign of depression.)

- Super busy
- Workaholic
- Can't relax
- Driving too fast
- Avoiding slowing down
- Feeling driven
- In a hurry
- Can't turn off thoughts
- Skipping meals
- Binge eating (usually at night)
- Overspending
- Can't identify own feelings/needs
- Repetitive, negative thoughts
- Irritable
- Making excuses for "having to do it all"
- Dramatic mood swings
- Lust
- Too much caffeine
- Over exercising
- Nervousness
- Difficulty being alone or with people
- Difficulty listening to others
- Avoiding support

Speeding Up leads to:

Ticked Off (Getting adrenaline high on anger and aggression.)

- Procrastinating causing crisis in money, work, or relationships
- Sarcasm
- Black or white, all or nothing thinking
- Feeling that no one understands
- Overreacting
- Road rage
- Constant resentments
- Pushing others away
- Increased isolation
- Blaming
- Self pity
- Arguing
- Irrationality
- Can't handle criticism
- Defensive
- People are avoiding you
- Having to be right
- Digestive problems
- Headaches
- Obsessive (stuck) thoughts
- Can't forgive
- Feeling grandiose (superior)
- Using intimidation
- Feeling aggressive

Ticked Off leads to:

Exhausted (Loss of physical and emotional energy; coming off the adrenaline high and the onset of depression.)

- Depressed
- Panicked
- Confused
- Hopeless
- 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 drugs and alcohol
- Seeking out old unhealthy people and places
- Really isolated
- People andry with you
- Self-abuse
- Suicidal thoughts
- No goals
- Survival mode
- Do not return messages
- Missing work
- Irritability
- Loss of appetite

Exhausted leads to:

Relapse (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.)

- Returning to the place you swore you would never go again
- Giving up
- Giving in
- Out of control
- Lost in your addiction
- Lying to yourself and others
- Feeling you just can't manage without your coping behavior, at least for now
- Shame
- Condemnation
- Guilt
- Aloneness

Weekly Check-In

The purpose of the FASTER scale is to help you become more emotionally aware. It is best regularly process your emotions with your accountability partner or small group. Answer the following questions before your group meeting each week.

1. What was the lowest level you reached on the FASTER scale this week?
2. What behavior in that level most resonated with you?
3. What behavior in that level most resonated with you? (How do you act and feel)
4. How does or might this behavior affect the important people in your life?
5. What is the double bind that is driving you down the scale?
6. What did you do, or do you need to do, to return to restoration? (Resolve double bind, ect.)
7. What was your commitment to change last week? Did you follow through with it?
8. How many times did you fill out the FASTER scale this week?
9. How many check-in phone calls did you make this week?
10. Did you lie to anyone directly or indirectly this week?

The Freedom Fight App

We recommend that you use The Freedom Fight App to fill out the FASTER scale. The App records your data and analytics. This will help you look for patterns that otherwise may be difficult to identify. Your check-ins will be sent to your accountability partners. Click [here](#) to sign up for The Freedom Fight.

