

THE FASTER SCALE

(Adapted from the Genesis Process by Michael Dye)

- The FASTER Scale helps you understand how you move from _____ → _____.
- Relapse = _____ NOT an Event
- Restoration is a place of emotional healing, lifestyle balance, and _____.

Moving down the FASTER Scale

1. The first step away from restoration is _____.
 2. Forgetting priorities will lead to _____.
 3. Anxiety leads to _____.
 4. Speeding up leads to _____.
 5. Ticked off leads to _____.
 6. Exhausted leads to _____.
- Focus on using the FASTER Scale to identify _____ in your life that move you from restoration to relapse.

3 Keys to getting the most out of the FASTER Scale:

1. _____
2. _____
3. _____

BIBLICAL INSIGHT

Read Proverbs 7.

1. What do vv. 4–5 say wisdom will keep you from?
2. What was it that someone observed from their house as they looked out the window?
3. What did he do in vv. 8–9 to show a lack of judgment?
4. In your own words, what happens to this guy in the rest of this passage?
5. How do vv. 26–27 describe what happens to the men who end up in “her” house?
6. How do you think the FASTER Scale can protect a person from being vulnerable to “her” path?

CORE PRACTICES

1. Use the FASTER Scale daily.

MANIFESTATIONS OF THE FASTER

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- Sliding down the FASTER Scale is like a boulder going down a hill: the more momentum it gains, the _____ it is to stop.
- Making your Core Practices a lifestyle keeps you in _____.
- When someone is sliding down the scale, it often manifests itself as an out of _____ lifestyle.
- “Craziness first manifests itself as _____ in routine, simple behaviors that support self-maintenance.” —Dr. Patrick Carnes

Craziness of lifestyle can either be a _____
of sliding down the FASTER Scale

OR

An indication that you are sliding down for other reasons.

- Sliding down the scale can also be a measure of trusting _____ instead of trusting God to deal with the challenges of life.
- Turning to God, His Word, and His people instead of old coping _____ is a practical way to trust God instead of ourselves.
- The FASTER Scale can show you where you need to trust God’s Word instead of your _____.
- When we make God our _____ to process life with, Freedom is Near.
- What was one helpful insight you gained from this lesson?

BRACE FOR THE BATTLE

- Navy SEALs are trained in something called _____ breathing.
- This breathing technique helps them think more clearly because the prefrontal cortex gets more _____ and therefore operates more effectively.

Steps to Practicing B.R.A.C.E.

Breathe _____.

- _____ through your nose steadily for 4 seconds. Then you _____ slowly and steadily through your mouth for 4 seconds.

Remember the _____.

- Create immediate short-term _____.
- _____ Bible verses to meditate on can help us remember truth about God, His promises and our identity in Christ.

A _____ God for help.

C _____

- Making the _____ often makes the difference of whether you act out or not.

E _____ the situation.

- Fleeing the temptation means leaving _____ or at least removing the temptation.
- Escape to _____ outlets, like hanging out with friends, working out, walking, or reading.
- Repetition got you into this addiction, and _____ will help get you out.
- What was one helpful insight you gained from this lesson?

BIBLICAL INSIGHT

Read Hebrews 12:3–4.

1. How does the author of Hebrews describe his audience in v. 4 in regard to their fight against sin?
2. According to v. 3, what is the author of Hebrews concerned about for his audience?
3. *Growing weary* is the Greek word “kamno,” which means “to tire of toil.” What are some ways that you are prone to become tired of toiling for your own sexual purity?
4. How does this verse challenge us to be disciplined in practicing something like BRACE?

CORE APPLICATIONS

- Pick verses from the list, see page 197, to use when practicing BRACE.

CORE PRACTICES

1. Practice BRACE when tempted.
2. Practice BRACE even without temptation.

THE DOUBLE BIND

(Adapted from the Genesis Process by Michael Dye)

- In order to stop the slide, you must _____ what is causing it so you can address the issue and return to restoration.
- People typically get on the FASTER Scale because of a negative _____ pain.

The Double Bind is an unresolved internal conflict that makes you feel _____ between a rock and a hard place.

Common Double Binds

- Will I procrastinate or take care of business?
- Will I choose to reach out for help or isolate?
- Will I choose to avoid pain or face it?
- A Double Bind must be identified and _____ to return to restoration.
- The right decision is often the more _____ one in the short term that you want to avoid.
- _____ Double Binds are what most commonly drive people down the scale toward relapse.
- _____ the Double Bind enables you to step up and do the right thing.
- One of the most common Double Binds is whether or not you will _____ someone in your recovery group for help.
- The way to get off the FASTER Scale and return to restoration is to _____ the Double Bind.

“The Double Bind is typically _____ to our deepest fears and lies we believe about life, ourselves, and God.” —Dr. Ted Roberts

DON'T GET BLASSTED

- There are also _____ triggers that can lead people to act out.
- When you sexually act out to medicate _____ pain, it quits being about just the sex and becomes about meeting the needs of the addicted brain.
- Confronting the emotional _____ begins when you learn to read your emotions.

EMOTIONS	WHICH ONES DO YOU IDENTIFY WITH MOST?
Bored Lonely Anxious Stressed Self-Doubting Ticked Off Exhausted Depressed	

- People who aren't aware of their emotions continually find themselves getting _____ by them and sexually acting out to medicate the negative feelings.
- Part of growing in _____ - _____ is recognizing this tendency to isolate when you are BLASSTED.
- Those who aren't self-aware tend to _____ themselves and not reach out, which results in falling back into the old patterns of medicating the pain.
- It is absolutely necessary for you to _____ the specific things that set you up.
- What was one helpful insight you gained from this lesson?

BIBLICAL INSIGHT

"Above all else, guard your heart, for everything you do flows from it."

—Proverbs 4:23

1. What command is given in this verse?
2. What is the reason for this command?
3. The word *guard* is a military term meaning "to defend from dangers." How does this truth relate to what we learned about self-awareness in this lesson?
4. What importance does the author of Proverbs give to this command?
5. With what we learned in "Don't Get BLASSTED," why do you think this is important for you?

CORE APPLICATIONS

- Commit not to isolate yourself when triggered.

CASTING YOUR CARES

- Only when we see the depth of our sinfulness and brokenness will we see our _____ for a Savior.
- It's human nature to medicate emotional pain instead of _____ that brokenness to show us our need for God.
- God wants to help you with your negative emotions because He _____ about you.
- The world's way of handling stress is to _____ it or to medicate it instead of facing the pain with God's help.
- Escaping the pain isn't the goal because God wants to use the pain to _____ us.
- Make prayer your _____ response to anxiety and other BLASSTED emotions.
- You _____ supernatural strength and wisdom when you invite God into your situation instead of trying to handle it on your own.
- What was one helpful insight you gained from this lesson?

BIBLICAL INSIGHT

“Cast all your anxiety on him because he cares for you.”

—1 Peter 5:7

1. What does Peter command his audience?
2. To cast means to “throw upon.” What exactly do you think God would want you to do as a result of this command?
3. What is the reason that God wants us to cast our anxiety and negative emotions onto Him?

Read 2 Corinthians 12:9–10.

1. According to v. 9, how does God’s strength/power become fully realized in Paul’s life?
2. The rest of v. 9 Paul goes on to say that he boasts and takes pride in his weaknesses. What is the reason he gives for this?
3. How does this truth and what we learned in this lesson apply to you?
4. What is Paul’s conclusion in v. 10?

CORE PRACTICES

1. Take your negative emotions to God in prayer.