

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.

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 purity verse list in appendix, to use when practicing BRACE.

CORE PRACTICES

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

THE ADDICTED BRAIN

2 Significant Parts of your brain in sex addiction

Prefrontal Cortex and the Limbic system

- The prefrontal cortex is responsible for _____ functions.

- Logical Reasoning	- Impulse Control
- Moral Judgment	- Goals
- Determine Between Good and Bad	

- This part of your brain isn't fully developed until you are _____.
- The limbic system is known as the _____ brain.

- Pleasure Center
- Overpowers the Prefrontal Cortex

- The limbic system begins to treat porn and other unwanted sexual behavior as a _____ issue and overpowers the prefrontal cortex every time.
- _____ actually impairs the ability of the prefrontal cortex to operate effectively, while at the same time, DOPAMINE _____ the limbic system to move toward the sexual high of acting out.
- The negative impact of porn on the brain is a result of _____ what we have sown.
- Part of renewing the mind is _____ your prefrontal cortex to _____ when you face sexual triggers.
- What was one helpful insight you gained from this lesson?

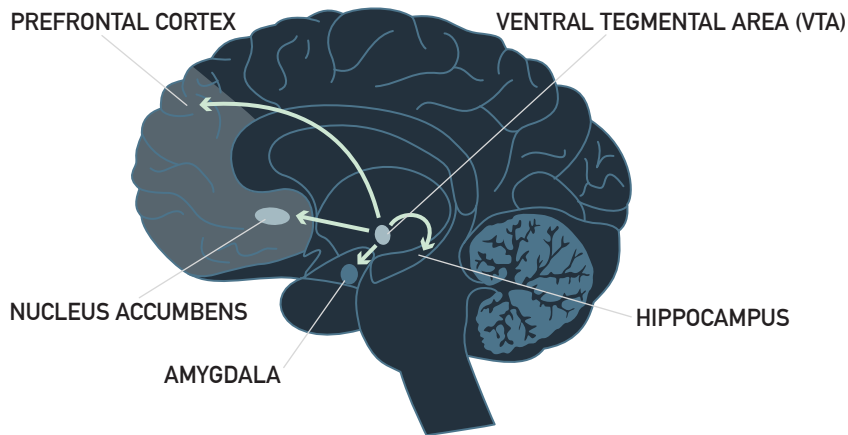
BIBLICAL INSIGHT

Read 1 Corinthians 6:18.

1. What does Paul command the church in Corinth?
2. What does he say is unique about sexual sin from all other sins?
3. Knowing what you learned about the brain in this lesson, what is one way we sin against our own body?
4. How does this make sexual sin so destructive to our lives?

THE BRAIN'S REWARD SYSTEM

- The brain's reward system starts with a burst of _____ when it experiences something pleasurable that it wants you to remember.
- A behavior you do _____ gets more ingrained in your mind, especially if that behavior is pleasurable.
- AD-DIC-TION: A primary, chronic disease of brain _____, motivation, memory, and related circuitry



- Dopamine + Prefrontal Cortex = Focus/ _____
- Dopamine + Hippocampus = _____ the Porn
- When you are triggered physically or emotionally, _____ is released so that your cravings begin to increase.
- Every time you give in to the craving and act out, it only strengthens and _____ this reward circuitry.
- What was one helpful insight you gained from this lesson?

BIBLICAL INSIGHT

“Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires.”

—Romans 8:5

1. The word for “to live according to” in the Greek is “kata,” and can mean “has allowed something to be in charge of.” How would you write this verse in your own words with that definition of “according to”?
2. What do you think is the determining factor for what a person allows to be in charge of his life according to this verse?
3. To “set your mind” means “to direct your mind to a thing, in a striving fashion.” How do you think the brain's reward system influences what a person sets his mind on?

THE MAKING OF THE ADDICTED BRAIN

- Willpower is a function of the _____ cortex.
- Study after study has confirmed that using pornography repeatedly actually reshapes the prefrontal cortex, literally _____ your willpower and moral compass.
- Hypofrontality: The prefrontal area of the brain has decreased blood flow and therefore has a decreased effectiveness at restraining impulses.
- Strong boundaries and accountability are _____, especially in the early months of recovery.
- _____ functions as a sustained molecular switch which first helps initiate, then maintains a state of addiction for a relatively prolonged period of time.
- After 6–8 weeks of _____ from the addictive substance, there is often a breakthrough for patients in their recovery.

The Process of Addiction

- Consumption of Porn >> Dopamine >> DeltaFosB >> Addiction-Related Changes = _____ and _____
- _____ is the condition of being extremely sensitive to sexually arousing stimuli.
- _____ or tolerance is when the addict needs more and more of a substance or pornography to get the same effect.
- The Insanity of Addiction: “You want it more, but it fulfills you _____.”
- What was one helpful insight you gained from this lesson?

BIBLICAL INSIGHT

“Just as you used to offer yourselves as slaves to impurity and to ever-increasing wickedness, so now offer yourselves as slaves to righteousness leading to holiness.”

—Romans 6:19

1. How does one become a slave to impurity?
2. What results from becoming a slave to impurity?
3. How did the video help you understand how the brain is involved in this process?
4. What hope does this verse give us about overcoming this bondage?

BETTER TOGETHER

- _____ times the Bible gives specific commands about how we are to relate to one another.

How Small Groups Multiply Recovery Effectiveness

1. Provides a safe place to be _____
 - Small groups are the best place to get our _____ out in the open.
2. Helps defeat _____
 - People are often able to receive God's love only after that love and acceptance have been manifested by _____ first.
3. Develops self-_____
 - One of the best ways to understand your own routines and emotions is hearing _____ share about theirs.
4. Enables others-_____
 - Part of being others-centered is having a vision beyond you and your recovery that sees your recovery as an opportunity to help others in the _____.
5. Provides _____
6. Allows you to build meaningful _____
 - We were made for _____, so less healthy bonding makes people more prone to a porn or sex addiction.
 - What was one helpful insight you gained from this lesson?

BIBLICAL INSIGHT

“Now flee from youthful lusts and pursue righteousness, faith, love, and peace with those who call on the Lord from a pure heart.”
—2 Timothy 2:22 (NASB)

1. How does the apostle Paul instruct Timothy with his sexual purity?
2. There are two parts to Paul’s instruction. What are they?
3. After this episode, why do you think that both are necessary in our battle for purity?
4. Why do you think that this verse commands us to pursue righteousness, faith, love, and peace “with” others?

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.