

## Faster Relapse Awareness Scale

For Week of: \_\_\_\_\_

1. In each section of the Faster Scale, underline each behavior that you identified with through this week.
2. In each section, circle the one most powerful behavior and answer the following questions in *one sentence*:
  - A. How does it affect me? How do I act and feel?
  - B. How does it affect the important people in my life?
  - C. Why do I do this? What is the benefit for me?

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

- A. \_\_\_\_\_
- B. \_\_\_\_\_
- C. \_\_\_\_\_

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**Forgetting Priorities** – (**Start believing the present circumstances and move away from trusting God. Denial, Flight, A change 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 priorities and goals; obsessed with relationships you perceive meet needs; breaking promises & commitments; neglecting family; preoccupation with material things, T.V., computers, entertainment; procrastination; lying; over-confidence; bored; hiding money.

- A. \_\_\_\_\_
- B. \_\_\_\_\_
- C. \_\_\_\_\_

*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; masturbation; pornography; poor planning.

- A. \_\_\_\_\_
- B. \_\_\_\_\_
- C. \_\_\_\_\_

*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”; avoiding support; lust.

- A. \_\_\_\_\_
- B. \_\_\_\_\_
- C. \_\_\_\_\_

*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.

- A. \_\_\_\_\_
- B. \_\_\_\_\_
- C. \_\_\_\_\_

*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.

- A. \_\_\_\_\_
- B. \_\_\_\_\_
- C. \_\_\_\_\_

*Exhausted then leads to:*

**Relapse** – (**Returning to the place you swore you would never go again.**)

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.

- A. \_\_\_\_\_
- B. \_\_\_\_\_
- C. \_\_\_\_\_

# DOUBLE BIND WORKSHEET

**Instructions:** Write out problems that have to do with addictions, fear, anger, anxiety, confusion, procrastination, denial or control and examine the consequences and risks of both choices. Examples: If I trust people, If I give up drugs and alcohol, If I confront this problem/person, expose my secret etc. Then apply the formula: ***If I do what's right, God will bless it and the right thing to do is usually the hard thing to do.*** Next, make a concrete Plan with accountability/support for carrying it out.

CHOICES		APPLY FORMULA		PLAN
Problem/Situation	If I Do Change (give it up)	If I Don't Change (stay the same)	The right Thing is The Hard Thing	What, When, Who, Where, How
Transfer a current problem (possibly from the section on relationships) Food, Work, Anxiety, Anger, Sex, Control, Addiction Coping Behavior	What would happen if I do change – just give it up? What would you experience? What is the bad thing (belief) that will happen?  <b>Name the Sucker.</b>	What will happen if you stay the same, don't change?	<i>If I do what's right, God will bless it – and the right thing to do is usually the hard thing to do.</i> <b>Which of the choices (to change or not) is the harder? Why?</b>	What practical step are you willing to do (take action) this week to move towards change (the fear)? <b>Be Specific!</b> <b>Who will support you and hold you accountable</b>

**DOUBLE BIND WORKSHEET and DEMONSTRATION**

Fill in the boxes on the worksheet as you think about the above chart.

**You are looking for the subconscious belief that something bad will happen (they won't survive) if they Do change.** (i.e. "If I give up anger I will be vulnerable and will get hurt; I will lose respect," Or, "If I give up over-eating I will feel lonely and be depressed.")

Problem/Situation	If I Do Change	If I Don't Change	The Right Thing	What, When , Who