


# FASTER SCALE

**Instructions:** Check your thinking by referring to this scale. You may be experiencing an incident rather than a patten. Having Dry Relapse symptoms doesn't mean you're in a Relapse Pattern. Circle behaviors with with you can identify with either now or in the past. Reoccurring symptoms indicate a Dry Relapse Patten.

## FASTER RELAPSE AWARENESS SCALE

 <p><b>DRY RELAPSE</b></p> <p><b>WET RELAPSE</b></p>	<b>STEP 1</b>	<p><b>RECOVERY</b> (<i>Acceptance &amp; Gratitude</i>): No current secrets, resolving problems, identifying fears and feelings, keeping commitment to meetings, church, people, goals, self. Open, honest, making eye contact, reaching out to others, increasing relationships with God and others. Accountability.</p>
	<b>STEP 2</b>	<p><b>FORGET ABOUT PRIORITES</b> (<i>Denial, Flight, a Change in What's Important, How You Spend Your Time &amp; Thoughts</i>): Secrets, less time/ energy for God, meetings, church. Avoiding support/ accountability, people, superficial conversations, isolating, changes in goals. Obsessed with relationships, breaking promises, commitments. Preoccupation with material things, TV, entertainment. Procrastination, lying. Feeling overconfident.</p>
	<b>STEP 3</b>	<p><b>ANXIETY</b> (<i>Getting Energy from Emotions</i>): Worry. Using profanity, Fearful, resentful, replay old, negative thoughts. Perfectionism, judging others' motives, mind reading, fantasy, masturbation, codependent rescuing, sleep problems, trouble concentrating, seeking/ creating drama, gossip. Using over-the-counter medication for pain, sleep, and weight control.</p>
	<b>STEP 4</b>	<p><b>SPEEDING UP</b> (<i>Out-Running Depression</i>): Super busy, Workaholic. Can't relax. Skipping meals, binge eating (usually at night), overspending. Can't identify own feelings/ needs. Repetitive, negative thoughts. Irritable, can't be alone. Difficulty listening to others. Avoiding support.</p>
	<b>STEP 5</b>	<p><b>TICKED OFF</b> (<i>Running on Anger, Fight</i>): Crisis in money, work, and sabotaging relationships. Sarcasm, overacting, constant resentments. Pushing others away, increased isolation, blaming. Can't take criticism, defensive, digestive problems, headaches, obsessive (stuck) thoughts. Can't forgive. Feeling grandiose.</p>
		<p><b>EXHAUSTED</b> (<i>Out of Gas</i>): Depressed. Panic, confused, hopeless, sleeping too much/ too little. Can't cope, pessimistic, helpless, tired, numb. Wanting to run, thinking of using, user friends and places. Really isolated, people angry with you. Self-abuse, suicidal thoughts, no goals, survival mode. Not returning phone calls, missing work, irritability, seeking old friends.</p>
		<p><b>RELAPSE</b> (<i>Using</i>): Drinking, lying, manipulating. Drugging. Bingeing. Return to addiction.</p>