

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

## FASTER RELAPSE AWARENESS SCALE

**RECOVERY** (*What people in recovery look like.*)

No current secrets; resolving problems; identifying fears and feelings; keeping commitments to meetings, prayer, family, church, people, goals, and self; being open; being honest; making eye contact; reaching out to others; increasing in relationships with God and others; accountability.

### The F - A - S - T - E - R Dry Relapse Pattern

<p style="text-align: center;"><b>Pre RELAPSE</b></p>	<b>STEP 1</b>	<p><b>“F” = FORGET PRIORITIES</b> (<i>Denial; flight; a change in what's important; how you spend your time and thoughts.</i>)                  Secrets; bored; less time/energy for God, meetings, and church; avoiding support and accountability towards people; superficial conversations; sarcasm; isolating yourself; changes in goals; flirting; obsessed with relationships; breaking promises/commitments; neglecting family; preoccupation with material things, television, or entertainment; procrastination; lying; over-confidence; hiding money.</p>
	<b>STEP 2</b>	<p><b>“A” = ANXIETY</b> (<i>Getting energy from emotions.</i>)                  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; masturbation; pornography; co-dependent rescuing; sleep problems; trouble concentrating; seeking/creating drama; gossip; using over-the-counter medication for pain, sleep, and weight control.</p>
	<b>STEP 3</b>	<p><b>“S” = SPEEDING UP</b> (<i>Out-running depression.</i>)                  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.</p>
	<b>STEP 4</b>	<p><b>“T” = TICKED-OFF</b> (<i>Getting high on anger; aggression.</i>)                  Procrastination causing crises in money, work, or relationships; sarcasm; black and white, all or nothing thinking; feeling alone; 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); intimidation; feeling aggressive.</p>
	<b>STEP 5</b>	<p><b>“E” = EXHAUSTED</b> (<i>Out of gas; depression.</i>)                  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 are angry with you; self-abuse; suicidal thoughts; no goals; survival mode; not returning phone calls; missing work; irritability; loss of appetite.</p>
<p style="text-align: center;"><b>RELAPSE</b></p>		<p><b>“R” = RELAPSE</b>                  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. The result is usually shame, condemnation, guilt, and aloneness.</p>