

# Faster Relapse/Moral Failure 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 resolving problems; identifying fears and feelings; keeping commitments to meetings, prayer, family, church, people, goals, and self; being open and honest; making eye contact; increasing in relationships with God and others; true accountability.

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

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**F**orgetting Priorities – (Start believing the present circumstances and moving 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 goals; obsessed with relationships; breaking promises and 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:*

**A**nxiety – (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.

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

*Anxiety then leads to:*

**S**peeding 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”.

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

*Speeding Up then leads to:*

**T**icked 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:*

**E**xhausted – (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 and 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:*

**R**elapse/Moral Failure – (Returning to the place you swore you would never go again. Coping with life on your terms. You sitting in the driver’s seat instead of God.) 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. \_\_\_\_\_

# Commitment To Change Worksheet and Plan

Date: \_\_\_\_\_

Make each response *one sentence*. Be clear and intentional.

A *double bind* has a cost to change and a cost to not change. It is a "damned if I do, damned if I don't" situation. For example:

*Problem:* I withdraw and isolate myself too much.

*Cost to change:* If I step away from my isolation and reach out to others, they can hurt me, I can feel rejected, and I'm afraid that I won't know how to act.

*Cost to not change:* If I stay isolated, I'll continue feeling lonely and indulge in my self-medicating through porn and fantasy.

After "counting the cost" and working toward the decision to change, *develop a plan* and get accountable. For example:

*Plan:* To begin breaking out of my isolation, I'm going to talk to two people after church and join my coworkers for lunch in the break room once this week.

*Accountability:* I have asked Fred to ask me how I'm doing with my plan. I've committed to not get defensive when he asks.

What problem/situation do I need to change?			
<b>P R O B L E M</b>			
<b>Double Bind — Counting the Costs</b>			
<b>C H O I C E S</b>	What will it cost me if I <u>do</u> change? (e.g. I move towards trust and intimacy)	What will it cost me if I <u>do not</u> change? (e.g. I continue in isolation)	
<b>C O N F R O N T</b>	Which of these is the right thing to do? Usually the right thing will be the hardest for me to do.	Which choice takes more faith? Why does this take more faith?	
<b>P L A N</b>	What is my plan of change for this week? Who? What? Where? Why? When?	What two men have I asked to keep me accountable?	Who am I contacting to keep them accountable to their Commitment to Change?