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. 

Forgetting 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 & commitments; neglecting family; preoccupation with material things, T.V., computers, entertainment; procrastination; lying; over-confidence; bored; hiding money.
   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”.
   A. 
   B. 
   C. 

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. 

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. 

Relapse/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. 

Adapted from the Genesis Process by Michael Dye — www.genesisprocess.org
Genesis Tool #2: Double Binds (Process 4, Change Book 1)

Key thought: The thing we need the most can also be the thing we fear the most. We need intimacy, but we fear intimacy; this is a double bind.

When we try to function in our woundedness, the pain and fear (limbic memories) of being hurt again can keep us from reaching out and trusting God and others. This puts you in a situation in which what you need the most is also what you fear the most: being vulnerable and trusting God and others. So how do we cope with being alone, empty, and afraid of each other? Our coping behaviors are ways in which we temporarily push back the awareness of the empty place and the double bind it creates. Even being aware of your needs can make you feel vulnerable and prompt you to react destructively.

1. A Double Bind is when I’m [D]ammed if I do and [D]ammed if I don’t, or when the thing I [F]ear the most is the thing I [N]eed the most.

2. Addictive coping behaviors are the result of staying in the [M]iddle of Double Binds.

3. Our greatest Double Bind is that we are [S]ocial / [B]onding beings who [W]ound each other.

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.

<table>
<thead>
<tr>
<th><strong>CHOICES</strong></th>
<th><strong>APPLY FORMULA</strong></th>
<th><strong>PLAN</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Problem / Situation</strong></td>
<td><strong>If I Do Change (give it up)</strong></td>
<td><strong>If I Don’t Change (stay the same)</strong></td>
</tr>
<tr>
<td>Transfer a current problem (possibly from the section on relationships)</td>
<td>What would happen if I do change - just give it up? What would you experience?</td>
<td>What will happen if you stay the same, don’t change?</td>
</tr>
<tr>
<td>Food, Work</td>
<td>Anxiety, Anger, Sex</td>
<td>Control, Addiction</td>
</tr>
<tr>
<td>Name the Sucker.</td>
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DOUBLE BIND WORKSHEET and DEMONSTRATION

Fill in the boxes on the worksheet as the speaker demonstrates the process:

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.”)

<table>
<thead>
<tr>
<th><strong>Problem / Situation</strong></th>
<th><strong>If I Do Change</strong></th>
<th><strong>If I Don’t Change</strong></th>
<th><strong>The right Thing</strong></th>
<th><strong>What, When, Who</strong></th>
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