

FASTER SCALE

FOR BETRAYED PARTNERS

Created by Michael Dye from *The Genesis Process*.

Adapted by Pure Desire Ministries with permission from Michael Dye, *The Genesis Process*.

PART ONE

Circle the behaviors on the FASTER Scale that you identify with in each section.

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, and self; being open and honest, making eye contact; increasing in relationships with God and others; true accountability.

Forgetting Priorities – (Feeling powerless to change 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 group support; superficial conversations; sarcasm; isolating; changes in goals; obsessed with relationships; breaking promises and commitments; neglecting family; lack of self-care; preoccupation with material things, TV, computers, entertainment; procrastination; lying; overconfidence.

Forgetting Priorities will lead to the inclusion of:

Anxiety – (Consumed by negative thoughts and 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; hypervigilance; sleep problems, trouble concentrating, seeking/creating drama; gossip; using over-the-counter medication for pain, sleep or weight control; suspiciousness; catastrophic thinking.

Anxiety then leads to the inclusion of:

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); experiencing false guilt; 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; avoiding support; making excuses for having to "do it all."

Speeding Up then leads to the inclusion of:

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; seeking confrontation; passive-aggressive behaviors; thoughts of getting even/vengeance.

Ticked Off then leads to the inclusion of:

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; 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; feeling powerless; victim mentality; short-term memory loss.

Exhausted then leads to the inclusion of:

Regression – (Stalled or moving backward in your healing.) Feeling unsafe; unable to regulate emotions; sleep disturbances (sleeping too much or too little); ruminating about discovery/disclosure; feeling unusually fearful; binge eating; using alcohol and drugs to cope; symptoms of physical distress: headaches, stomach aches, nausea; easily startled; anorexia; bulimia; flirting; obsessed with social media; unable to trust God and others. For divorced partners: engaging in new relationships without support/accountability.

PART TWO

Identify the lowest level reached on the FASTER Scale and the overall most powerful/frequent behavior.

Answer the following three questions:

01. How does it affect me? How do I feel in the moment?

02. How does it affect the important people in my life?

03. Why do I do this? What is the benefit for me?
