

## **Relapse as a Process**

***Michael Dye's FASTER Scale (from the Genesis Process – [www.genesisprocess.org](http://www.genesisprocess.org))***

Relapse, like positive change, is a process, not an event. By looking at the steps between somebody being in recovery and relapsing we can begin to spot the signs of relapse before the final stage. The FASTER Scale from the Genesis Process is a useful tool to highlight these steps.

### **Recovery**

Recovery is identifying your areas of problems, procrastinations, denial and fears, and moving towards them.

People in Recovery value God, accountability and support.

A healthy person is able to articulate what they are working on and their plan to resolve it.

Make a plan in a time of sanity for a time of insanity.

### **What does a person in recovery look like?**

- Has no current secrets
- Is resolving problems
- Is identifying their fears and feelings
- Is keeping commitments to meetings, prayer, family, church, people, goals and themselves
- Is being open and honest
- Makes eye contact with others
- Is reaching out to others
- Is increasing in relationship with God and others
- Has people and systems in place to ensure accountability

## Six Steps from Recovery to Relapse

|             |   |  |   |
|-------------|---|--|---|
| Dry Relapse | 1 | <p><b>Forgetting Priorities</b></p> <ul style="list-style-type: none"> <li>• A change in what's important, how you spend your time and thoughts</li> </ul> <p><i>Key Thought</i><br/>In order to relapse a person must become isolated. If you can prevent isolation you can prevent Relapse</p> <p><i>Main Features</i></p> <ul style="list-style-type: none"> <li>• Less time and energy for God, responsibilities, family, relationships, etc.</li> <li>• Something else has become more important than the goals you have set and your recovery plan</li> </ul>      |    |
|             | 2 | <p><b>Increasing Anxiety</b></p> <ul style="list-style-type: none"> <li>• Getting energy from emotions</li> </ul> <p><i>Main Features</i></p> <ul style="list-style-type: none"> <li>• Being fearful and/or resentful; replaying old, negative thoughts; perfectionism; judging others' motives</li> <li>• Making goals and lists you can't complete; poor planning; fantasy; masturbation; pornography; co-dependent rescuing</li> <li>• Sleep problems; trouble concentrating; gossip; using over-the-counter medication for pain, sleep and weight control</li> </ul> |    |
|             | 3 | <p><b>Speeding Up</b></p> <ul style="list-style-type: none"> <li>• Trying to "out-run" depression</li> </ul> <p><i>Key Thought</i><br/>Workaholism is always driven by fear</p> <p><i>Main Features</i></p> <ul style="list-style-type: none"> <li>• Busy, can't relax, avoiding slowing down, feeling driven, always in a hurry</li> <li>• Using food as a drug</li> <li>• Can't seem to simplify your life</li> </ul>  |   |
|             | 4 | <p><b>Getting Angry</b></p> <ul style="list-style-type: none"> <li>• Getting high or killing pain with anger and aggression</li> </ul> <p><i>Key Thought</i><br/>Anger's main role, both biblically and neuro-chemically, is to anesthetize the emotion fear<br/><b>NB: Angry people are never wrong</b></p> <p><i>Main Features</i></p> <ul style="list-style-type: none"> <li>• Keeping people at a distance by making them afraid of you, thus increased isolation.</li> </ul>  |  |
|             | 5 | <p><b>Becoming Exhausted</b></p> <ul style="list-style-type: none"> <li>• Running out of energy</li> </ul> <p><i>Key Thought</i><br/>Our brains equate "can't cope" with "can't survive" and creates a craving for what we did in the past to be functional or normal again</p> <p><i>Main Features</i></p> <ul style="list-style-type: none"> <li>• Depressed, Hopeless, Pessimistic</li> <li>• Can't Cope, Numb, Panic</li> </ul>  |  |
| Wet Relapse | 6 | <p><b>Relapse</b></p> <ul style="list-style-type: none"> <li>• Returning to do the very thing you promised yourself you would not do again</li> </ul> <p><i>Main Features</i></p> <ul style="list-style-type: none"> <li>• Guilt, Shame</li> <li>• Lying, Hiding</li> <li>• Starting over again</li> </ul>   |  |