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

<table>
<thead>
<tr>
<th><strong>RECOVERY</strong> (What people in recovery look like.)</th>
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</thead>
<tbody>
<tr>
<td>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.</td>
</tr>
</tbody>
</table>

#### F - FORGET PRIORITIES (Denial; flight; a change in what’s important; how you spend your time and thoughts.)
- 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.

#### A - ANXIETY (Getting energy from emotions.)
- 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.

#### S - SPEEDING UP (Out-running depression.)
- 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.

#### T - TICKED-OFF (Getting high on anger; aggression.)
- 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.

#### E - EXHAUSTED (Out of gas; depression.)
- 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.

#### R - RELAPSE
- 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.

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Genesis Meditations for Relaxation and Reprograming Negative Self-Image and Beliefs

Purpose/Goal: Reducing stress is a survival skill for everyone, especially those addicted. Most relapses happen because of stress related overreactions. More importantly: therapists who work with self-destructive/addictive clients have concluded that what drives destructive behaviors is shame. Shame is our most powerful heart wounding emotion, resulting in negative beliefs and self worth. Reprograming these negative self-sabotaging beliefs is primary to real recovery. Some of the most common shame driven beliefs are—“I’m bad-no good, There is something wrong with me, I don’t deserve good things, I will always fail, etc.” Reprograming heart/limbic wounds happens through Gods Truth penetrating our heart. This meditation is designed to help replace shame based lies with The Truth. To reduce stress the goal is be here as long as possible —stay in the now. Try to stay out of the regrets of the past and the fears of the future—the land of anxiety.

Steps

1. Try to do this exercise before meals on and empty stomach, first thing in the morning and at bedtime are best. Sit quietly in a comfortable position. Do this 15-20 min. a day for 30 days and see what happens. Do steps 3 & 4 as needed throughout the day.

2. Close your eyes.

3. Deeply relax all your muscles (while breathing deep and slow) beginning at your feet and progressing up to your face. Tell each area of tension to relax.

4. Breathe through your nose with your tongue on the roof of you mouth. Breathe filling the bottom, then sides and top of you lungs. Hold for a few seconds at the top and bottom of each breath.

5. I suggest you use positive affirmations like the Fruits of the Spirit, using this 3-part format.

   a) Breathe in lowly saying I receive, then breathe out saying Gods Love,

   b) Breathe in slowly saying I feel, then out saying Gods Love. Try to feel the emotion.

   c) Breathe in slowly saying I give or exude, then out saying Gods Love.

   d) Continue with; joy, peace, kindness, goodness, patience, etc. Let God bring to your mind different things you need.

   e) You can also breathe in saying, I release of, breathing out saying, pride, resentments, bitterness fear, judgments, control, self-righteousness, anxiety etc.

7. Do not worry about whether you are successful in achieving a deep level of relaxation. Maintain a passive attitude and permit relaxation to occur at its own pace. When distracting thoughts occur, try to ignore them by not dwelling on them and return to the meditation.

8. Continue for 15 to 20 minutes. Then sit quietly and ask God if there is anything He wants to show you or say.

9. You can also use positive affirmations like this.

   I am getting Healthier, Happier and Stronger everyday

   I am getting Better and Better in every way.

   Michael Dye / Genesis Processes