
RELAPSE PREVENTION TOOLBOX

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The F.A.S.T.E.R. Scale

by Michael Dye

R = Restoration

F = Forgetting Priorities

A = Anxiety

S = Speeding Up

T = Ticked Off

E = Exhausted

R = Relapse

The F.L.O.S.S. Method

by Drew Boa

F = Fight, Flight, Freeze

L = Lie

O = Origin

S = Story

S = Sadness

The Eight Feelings

by Chip Dodd

Anger Sad

Fear Hurt

Lonely Shame

Guilt Glad

I.F.A.B.

check in

I feel _____

about _____

because _____

