

FASTER SCALE RESTORATION CHECKLIST¹

Use the following checklist as a way to stay off of the FASTER Scale and in Restoration. If you are currently doing the item, simply check the box and move on. If not, fill in what you need to do to be able to check off that box in the space provided below the item. Once you have done what is needed, come back and check the box. Do this with each item until all items are up to date. Remember that these items are not the byproduct of Restoration, but are the actions that put and keep you in Restoration.

No Current Secrets

Being Open

Resolving Problems

Being Honest

Identifying Fears and Feelings

Making Eye Contact

Keeping Commitments:

Meeting

Prayer

Family

Church

People

Goals

Self

Reaching Out to Others

Increasing in Relationship with God and Others

Accountability

¹ Adapted from the FASTER Scale, Michael Dye, *The Genesis Process*