PURE DESIRE MINISTRIES

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# FASTER SCALE RESTORATION CHECKLIST[1]

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
- ☐ Resolving Problems
- ☐ Identifying Fears and Feelings
- ☐ Keeping Commitments:
  - ☐ Meeting
  - ☐ Prayer
  - ☐ Family
  - ☐ Church
  - ☐ People
  - ☐ Goals
  - ☐ Self
- ☐ Being Open
- ☐ Being Honest
- ☐ Making Eye Contact
- ☐ Reaching Out to Others
- ☐ Increasing in Relationship with God and Others
- ☐ Accountability

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