



FAST-G
A Weekly Check-In

FEELINGS: Your awareness of emotions this past week. Ask yourself what *sensations, images, feelings, & thoughts* you were aware of this week. Describe them here:

ACTIVITIES: Your awareness of your activities this past week. Ask yourself what recovery-based tasks you were involved in (*such as assigned homework, 12-step meetings, step work, therapy, spirituality, relationships, etc.*) Describe your awareness of them, what they were, what they meant to you, and how they made a difference to your recovery.

SOBRIETY: Your awareness of sobriety this past week. Ask yourself where you noticed recovery work's breadth existing... In other words, describe how you saw "FACES flowing" (*how you were flexible, how you were adaptable, how you were coherent, how you were energized, & how you were stable*). Did you act out this past week? If so, did you use the Green Sheet?

Days of sobriety: _____

THREATS / TRIGGERS: Your awareness of sobriety threats. Ask yourself where you noticed feeling unsure or insecure in some way this week. Describe resentments and fears and the extent you were obsessed with them. Describe how you accepted these threats/triggers and how you worked to not-identify with them.

GRATITUDE: Your awareness of gratitude, the experiences that reflect your values... Ask yourself what moments this past week you felt good about, maybe even loved... These are, likely, moments of gratitude. Describe them. When you noticed them, describe what you felt. Describe where in your body you felt it (reflect on that). Describe how you are feeling now, this present moment, while drawing your attention to gratitude.

General Notes: _____

The hope for you is a way of life that adapts incisively and efficiently to any and all circumstances at hand. In other words, to focus your mind clearly to directing your attention to what needs to be done, to stay present with your feelings, and to attune to others... This is resilience!

- Dan Siegel, M.D.