

Toolbox Handout 14: FAST



FAST focuses on maintaining our own self-respect, how is our self-respect relevant to our relationships?

What does it mean to be Fair, using a dialectical perspective?

Considering the 5 Apology Languages, which component is the most important for you in receiving an apology? Why?

- Expressing Regret
- Accepting Responsibility
- Making Restitution
- Genuine Repenting
- Requesting Forgiveness

What is unhelpful about over-apologizing?

Either using the slides, or brainstorming your own – identify 3 values that are Extremely Important to you, and 3 values that are less important to you

Extremely Important::

Less Important:

What is helpful about recognizing which values are most important to you? What might be helpful about recognizing when someone else's Extremely Important values are different from your own?

Self-Reflection: Are there ways in which you are not / have not been truthful? Honor the dialectic. Why were you not truthful in the moment? Why might it be important to have been truthful?

----- At Home Practice: -----

Choose Two situations during the week in which you used your FAST skills

Situation One

In what way were you trying to maintain your self-respect?

Describe the situation, and how you used your FAST Skills:

What was the outcome?

How do you feel after using your skills? How do you feel about your relationship?

Situation Two

In what way were you trying to maintain your self-respect?

Describe the situation, and how you used your FAST Skills:

What was the outcome?

How do you feel after using your skills? How do you feel about your relationship?
