

FASTT Check-In

Weekly Check-In With Partner

1. Determine day and time for the check-in. Make this a standing appointment and keep it!
2. Check-in is the responsibility of the sex addict to initiate.
3. The purpose of the FASTT Check-In is to keep the partner informed as to recovery activities, normalize talking about recovery related topics, and allow both partners to be alert for signs that recovery needs to receive greater priority.
4. Follow **FASTT** format.
 - **Feelings check**
 - What are you feeling at present? If multiple feelings are present, try to get in touch with each one, naming them out loud to partner.
 - **Activities in recovery.**
 - Begin with telling your recovery phase, points goal and points earned.
 - These activities include:
 - Everything on your Recovery Points System and your Personal Recovery Plan
 - ***Sobriety statement or Slip report (*And if instances of pre-disclosure acting out are remembered, those details are shared at this time.)**
 - A statement about your sobriety, such as, “I have been sober since my last check-in.”
 - If there has been a slip, it should be revealed in detail at this time.
 - **Threats (Both “T’s” are worked at the same time.)**
 - What threats have you identified since the last check in?
 - Example: “For visual threats this week I used the following tool(s)....”
 - Example: “For intrusive thoughts this week I used [name tools]”
 - **Important:** Do not give more details than this about these two threats! To do so needlessly traumatizes your partner.
 - Example: “I was stressed at work this week and used [name tool].”
 - **Tools you used to respond to each threat.**
5. The check-in can also include other items as mutually agreed upon such as a accountability for time and money, safety plan for travel, etc.

Partner’s Responsibility—Creating a cocoon/zone of safety by:

1. Listening all the way through without interruption.
2. Not asking questions.
3. Thanking him/her and hugging him/her. (If partner still has questions the next day, she/he can ask.)