

FAST (F)

CORE CONCEPT: Self-respect and healthy relationships start with you.

FAST skills are focused on our priorities, goals, and values so we can make choices that build our self-respect. Self-respect is the foundation to liking ourselves, and it creates a solid base for us to build and maintain relationships with others.

Use the acronym FAST to remember the building blocks of this skill. These building blocks are described in further detail in the paragraphs that follow.

Fair
Apologies not needed
Stick to values
Truth and accountability

Fair

Be just and take a Nonjudgmental Stance with yourself and others. Avoid extremes and ground yourself in Wise Mind in interactions with others. Think of fair weather as being neither too hot nor too cold and without storms. Keep a moderate climate with others without whipping up bad weather. Use respectful words and actions with yourself and others. Others do not need to earn your respect. We treat others with respect because it builds our own self-worth. Respond rather than react in relationships.

Apologies not needed

Do not engage in unneeded apologetic behavior. Do not apologize for having an opinion or for your own viewpoints. You are allowed to disagree. Do not apologize for being you. Avoid apologies for things over which you have no control. Chronic, unnecessary apologies erode self-respect and devalue apologies that are genuinely needed. Note that “no apologies” does not apply to situations that require an apology (e.g., hurting someone).

Stick to values

Use your priorities, goals, and values as guides and ground yourself in them. Choose behaviors and have interactions with others that build your self-respect. Identify what is important to you and stick to it. Know what values are non-negotiable and, when values conflict, work to resolve the conflict through Wise Mind. Live your life grounded in values.

Truth and accountability

Be honest and accountable with yourself and others. Sometimes we avoid the truth because we are afraid of the consequences but trying to deceive others destroys self-respect and often causes greater problems. Even if you have a great memory and can keep from getting tangled in a web of lies, you will still know the truth. Being accountable is more effective in most cases.

In addition, act in a manner that respects your true abilities and avoid feigned helplessness, exaggerations, and an excuse orientation to life. Take responsibility for yourself.