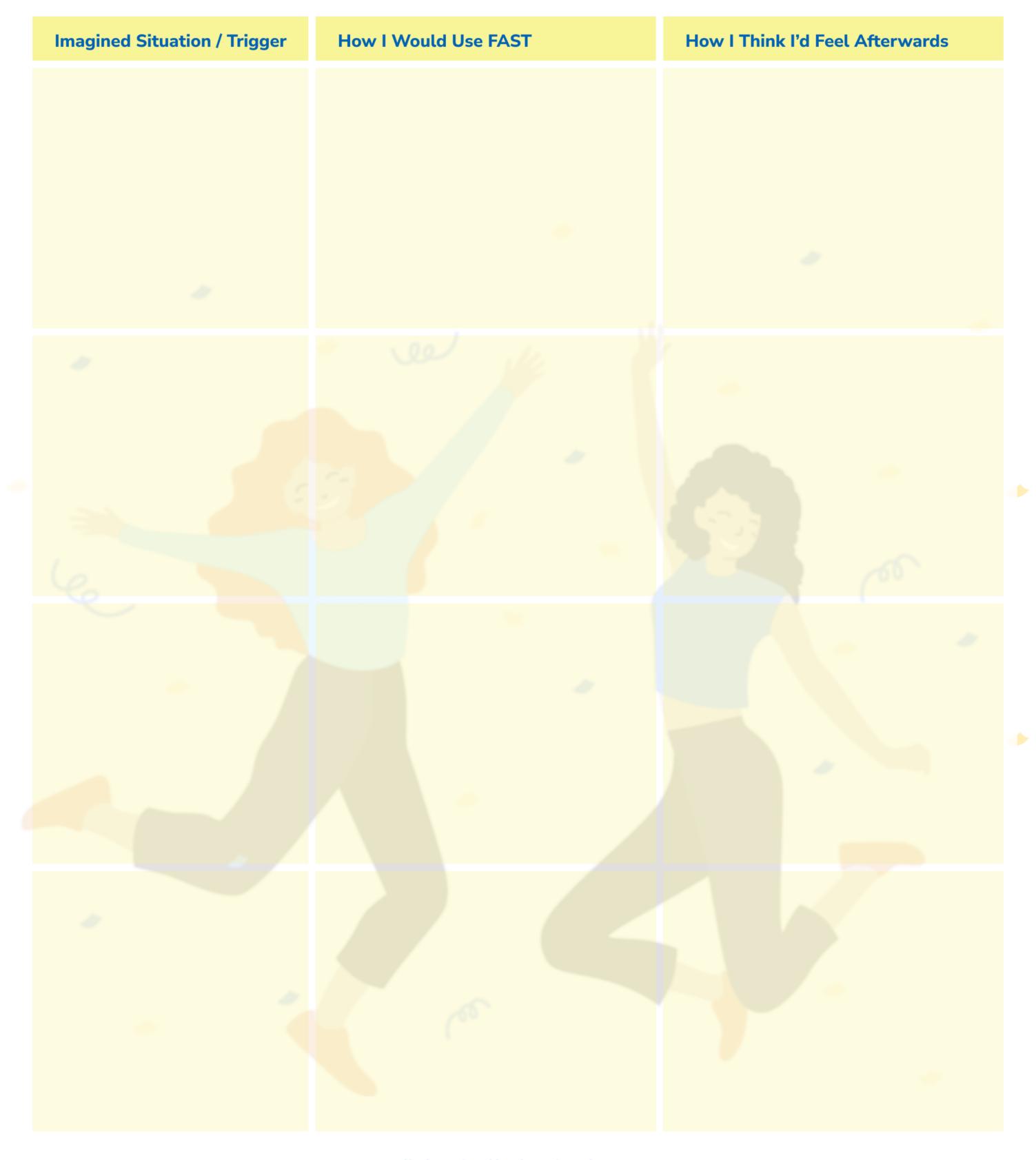


QUICK REFERENCE

- (F) Fair \rightarrow Be respectful to yourself and the other person.
- (A) **No Apologies** → Don't apologize for existing, having needs, or setting boundaries.
- S **Stick to Your Values** → Hold your ground and stay true to what matters.
- Truthful → Be honest and direct without manipulation.

PART 1. PRACTICING FAST IN IMAGINED SITUATIONS

Think of situations where you might feel pressured to over-explain, people-please, or back down. Use this space to rehearse how you would apply FAST.





PART 2. USING FAST IN REAL CONVERSATIONS

Reflect on real-life situations where you practiced (or attempted to practice) FAST.

Real Situation / Trigger	What I Said / Did	How I Felt Afterwards
 Using FAST isn't about winning arguments or being aggressive. It's about protecting your self-respect while staying respectful to others. Even trying to use FAST — even if it felt messy — is progress. Every attempt makes it easier next time. 		