

QUICK REFERENCE

- ④ **Fair** → Be respectful to yourself and the other person.
- ④ **No Apologies** → Don't apologize for existing, having needs, or setting boundaries.
- ④ **Stick to Your Values** → Hold your ground and stay true to what matters.
- ④ **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

Remember This:

- 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.