

Maintaining Your Self-Respect: FAST Skills

Remember **FAST**:

- (be) **F**air
- (no) **A**pologies
Stick to values
- (be) **T**ruthful



- (be) **F**air: Be fair to *yourself* and to the *other* person.
- (no) **A**pologies: Don't *over*apologize for your behavior, for making a request, or for being you.
(If you wronged someone, don't *under*apologize.)
- S**tick to values: Stick to your own values and opinions.
Don't sell out to get what you want, to fit in, or to avoid saying "no."
(Refer to Emotion Regulation Handout 13, "Wise Mind Values and Priorities List.")
- (be) **T**ruthful: Don't lie.
Don't act helpless when you are not.
Don't make up excuses or exaggerate.

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