

## Revenge Anonymous (RA)

Is revenge making your life unhappy?

There is Hope.



# Welcome to Revenge Anonymous

- ▶ Intro
  - ▶ Serenity Prayer
  - ▶ Revenge Addiction Summary
  - ▶ Step of the month
  - ▶ Tradition of the month
  - ▶ Literature reading
- ▶ Group Sharing
  - ▶ Introductions
  - ▶ Sharing Guidelines
  - ▶ 3-5 min sharing
- ▶ Closing
  - ▶ Remind of resources, meetings coming up, etc.
  - ▶ Reciting of the “Promises” / “Safety & Ethics”

Welcome to the first set of Revenge Anonymous meetings. My name is \_\_\_\_\_ and I suffer from Revenge Addiction.

Revenge Addiction is a **compulsive behavioral addiction where the desire for retaliation becomes overwhelming, mirroring the processes of substance abuse.**

**The purpose of this group and the meetings is to provide** peer support to recover from compulsive revenge thinking and behavior and develop healthy ways to manage these feelings.

The scope of today’s meeting is:

- Review of what RA is and is not
- Recite the 12 Principles of RA recovery
- Discuss Principle 1 and it’s application to RA (January focus)
- Allow for sharing (3-5 min each, newcomers get priority)
- Meeting reminders and resources review
- Closing: Reciting of the “Promises” / “Daily Commitment

# Serenity Prayer

*"God grant me the serenity  
to accept the things I cannot change,  
courage to change the things I can,  
and wisdom to know the difference"*

Let's pause for a brief moment of silence for the addict who still suffers, followed by the Serenity Prayer

(Leader will then read slow enough for other members to recite in unison)

# What Revenge Addiction Is & Is Not

## ▶ **Revenge Addiction is:**

- ▶ Persistent rumination on an actual or perceived wrong.
- ▶ Frequent fantasies of retaliation or to “get even”
- ▶ Acting or planning actions that harm others
- ▶ Escalation—smaller slights trigger stronger responses
- ▶ Repeated damage to relationships or reputation
- ▶ Avoidance of healthy conflict resolution

## ▶ **Revenge Addiction is not:**

- ▶ Acting in self defense against an immediate and imminent threat
- ▶ Setting and holding safe boundaries for yourself
- ▶ Engaging in healthy conflict resolution
- ▶ Protecting your own well-being and fostering healthy, respectful dynamics.

*A key distinction comes down to threat and intent. Self defense is a response to an imminent threat of harm. Revenge is punishing people for wrongs of the past to make yourself feel better. Revenge is based in retaliation and harm, instead of for protection, de-escalation and fairness.*

Would someone be willing to read what Revenge Addiction is an as not? You can read as much or as little as you'd like, then “pass” to the next reader.

# RA - 12 Steps of Recovery

***We adopt the traditional 12 Steps as a framework for recovery, applied to revenge impulses***

- ▶ 1. We acknowledge that we are unable to control our revenge desires, and that this is ruining our lives.
- ▶ 2. We believe that a Power greater than ourselves can help us become better people.
- ▶ 3. We turn over our will to the care of this Power, as we understand it.
- ▶ 4. We undertake a deep and honest moral assessment of our lives.
- ▶ 5. We admit to this Power, to ourselves, and to others the wrongs we have committed.
- ▶ 6. We are ready for our ways to be corrected.
- ▶ 7. We ask this Power to remove our weaknesses and failings.
- ▶ 8. We identify those we have wronged and are willing to make reparations to them.
- ▶ 9. We make direct reparations to these people, when possible, except when to do so would harm them or others.
- ▶ 10. We continue to assess our lives and, when we are in error, promptly acknowledge it.
- ▶ 11. We seek conscious contact with this higher Power, asking for it's will and the strength to fulfill it.
- ▶ 12. Having experienced a spiritual awakening, we seek to live our lives in accord with these principles and to bring this message to others addicted to revenge.

Would someone please read the step of the month?

# RA - 12 Traditions

***We adopt the traditional 12 Steps as a framework for recovery, applied to revenge impulses***

1. The success of individual recovery depends on the solidarity of RA groups.
2. RA group leaders serve, they do not direct or dictate.
3. The only requirement for RA membership is a desire to stop seeking revenge.
4. RA groups govern themselves except in matters affecting other groups or RA as a whole.
5. The purpose of each RA group is to carry a message of hope and recovery to people suffering from revenge addiction.
6. RA groups may not use the RA name for any outside purpose or for any outside enterprise, facility, or activity.
7. Each RA group should support itself and decline contributions from individuals or organizations outside the group.
8. RA groups should always be led by peers, not professionals, but RA service organizations may use specialized contractors and employees to fulfill their mission.
9. RA may create service organizations and committees to serve the RA groups.
10. RA has no comment or opinion on outside issues, and the RA name should not become part of public controversies or disputes.
11. RA groups attract members through awareness and compassion and should maintain personal anonymity in interactions with the media.
12. Anonymity is essential to RA's success and purpose and our foundation of placing principles before personalities.

Would someone please read the tradition of the month?

# Introductions

- ▶ *Name*
- ▶ *General Location*
- ▶ *Something you're working on or grateful for*

Feel free to introduce yourself in the chat if you'd prefer!

We will now move on to introductions. Please share your name and your relationship to revenge addiction. You may also share your general location and something you're working on or grateful for.

If possible, please turn on your camera during your introduction. If that's not possible, introductions with camera off will suffice. If neither are possible, please introduce yourself in the Zoom chat to ensure group safety.

Those unable to introduce themselves may be removed from the meeting.

# Literature

This weeks reading - <https://www.aa.org/daily-reflections>

Moderator will click the link to share the today's reading

Can ask for volunteer to read

# RA Sharing Guidelines

- **Time:** To allow space for as many voices as possible, shares are limited to X minutes. A gentle notice will be given around 1 minute so we can respectfully move on
- **Safety (No Crosstalk):** We practice no crosstalk. This means:
  - ▶ No referencing another person's share
  - ▶ No feedback, advice, or direct responses
  - ▶ No emoji reactions to shares
- **Confidentiality:** What's shared here stays here. We honor one another's privacy.
- **Accountability:** If you believe these guidelines have been violated, please message "Repeat Guidelines" to the moderator. We'll revisit them anonymously to restore safety.

It's now time for group sharing. We follow these guidelines to ensure a safe and productive meeting.

(moderator reads through guidelines)

## Time Keeper



We will each have X minutes to share (moderator will decide on 3, 4, or 5 minute shares based on attendance)

Who would like to be the time-keeper? You can use the Zoom timer app or keep track with another method.

Please provide a 1-minute warning for each share. Sharers – please let us know if you don't want a 1-minute warning.

## Group Sharing



We'll now begin group sharing. Feel free to raise your virtual hand if you'd like to share. Alternatively, you can just jump right in.

**\*\* Moderator will stop sharing slides during sharing \*\***

## Stay connected!

Join the Revenge Anonymous community on WhatsApp!

Email Address: [revenge.anonymous@outlook.com](mailto:revenge.anonymous@outlook.com)

RA Meetings now weekly on Thursdays @ 8pm EST

*\*\* Reach out via WhatsApp or email if you're interested in providing service or joining our business meetings\*\**

### **Moderator will copy and paste the following into the Zoom chat:**

WhatsApp: <https://chat.whatsapp.com/InN6pFB9yuV0iqWTr3lcq1>

Website: <https://www.revengeanonymous.org/>

Email: [revenge.anonymous@outlook.com](mailto:revenge.anonymous@outlook.com)

**Moderator can also ask if there are any business announcements and share any that they have**

# RA Promises, Safety & Ethics

- ▶ Promises:
  - ▶ Less time and energy consumed by grievances.
  - ▶ Reduced urge to retaliate and greater self-control.
  - ▶ More peace and improved relationships.
  - ▶ The ability to respond to hurt with constructive choices.
  - ▶ Increased sense of dignity and reduced shame.
  - ▶ Growth in forgiveness as a protective act.
- ▶ Safety & Ethics
  - ▶ This place is for healing and accountability
  - ▶ We do not plan or endorse retaliation, violence or harm
  - ▶ If you are having active thoughts of harming someone, please contact a professional or emergency service

Moderator can ask for reading volunteers



# Fin

Keep coming back! It works if you work it, so work it, cuz you are worth it!

(Leader): Thank you all for joining today. Keep coming back! It works if you work it, so work it, cuz you are worth it! Hope to see you all again soon!