



TOOLS

The Tools of Rageaholics Anonymous

Recovery from compulsive raging begins when we stop raging one day at a time.

Compulsive rage is destructive anger that leads to incomprehensible demoralization. We attain a daily reprieve from compulsive raging by practicing the Twelve Steps and by using the following Tools:

1. **MEETINGS**

We attend meetings at which we share our experience, strength, and hope with one another. Unless we give to newcomers what we have received from R.A., we cannot keep it ourselves.

2. **SPONSORSHIP**

We have found it essential to our recovery to have a sponsor and to be a sponsor. A sponsor is a recovering rageaholic, who guides us through the Twelve Steps and shares their own experience, strength, and recovery.

3. **OUTREACH**

We maintain frequent contact with other R.A. members by using the telephone, email, and other forms of communication. We make a point of talking to other R.A. members before and after taking difficult steps in our recovery.

4. CONSCIOUS CONTACT WITH A HIGHER POWER

We maintain conscious contact with a Higher Power. We consistently and regularly seek understanding of a Higher Power's will and direction for our lives.

5. ABSTINENCE

We practice abstinence from rage. Abstinence may differ among RA members depending on how each person defines their bottom-line behaviors. Bottom-line behaviors are any self-destructive rageful acts which, once engaged in, result in worsening self-destructive consequencesâ€™ for ourselves and/or others. Staying away from bottom-line behaviors defines each personâ€™s abstinence.

6. SAFE RELEASE

We practice safe release of negative emotions. This may take the form of healthy physical, mental, emotional, and/or spiritual actions that enhance our sense of serenity and does not harm others.

7. AWARENESS

We become aware of our rage triggers, thoughts about the triggers, and feelings beneath our rage.
We do so to seek recovery and willingness to surrender our disease.

8. BOUNDARIES

We become aware of our limits and take action to maintain healthy boundaries. We can discover our boundaries, verbal and physical, when we distinguish our needs, feelings, roles, responsibilities, and issues from those of others. As we recover, we clarify and own where our responsibilities to ourselves begin and end, before clarifying where other peoples responsibilities begin.

9. R.A. AND A.A. LITERATURE

We study the literature of Rageaholics Anonymous and Alcoholics Anonymous to strengthen our understanding of compulsive disease

and recovery from compulsive raving.

10. **FELLOWSHIP-WIDE SERVICE AND BUSINESS MEETINGS**

We attend Fellowship-wide Service meetings and Business meetings in the program. Many of us have long harbored feelings that service and business were not a part of our lives, but for others more qualified. Yet participation in running our own program teaches us how our organization operates and also helps us to become responsible for our own recovery.

11. **SERVICE**

We perform service at every level: personal, meeting, Intergroup, and World Service. Service is vital to our recovery. Only through service can we give to others what so generously has been given to us.

12. **ANONYMITY**

We practice anonymity. This allows us freedom of expression by assuring us that what we say at meetings or to other R.A. members at any time will not be repeated.