



RAGEAHOLICS ANONYMOUS

## **ABSTINENCE**

### **ABSTINENCE STATEMENT OF RAGEAHOLICS ANONYMOUS**

Our primary purpose is to abstain from the behavior of rage, and to help other rageaholics achieve abstinence. Abstinence may differ among RA members depending on how individuals choose to define their bottom line behaviors.

Bottom line behaviors are characterized by anger that is compulsive and harmful in nature, and which leads to pitiful and incomprehensible demoralization. Some rageaholics may engage in behaviors from which other rageaholics find they must abstain; in RA, we leave the choice up to the individual.

"Progress rather than perfection" is the atmosphere for growth that we seek to promote.

It is the hope of RA to provide the rageaholic with a new experience toward dealing with anger that is both non-compulsive and non-destructive. Such an approach is possible to all who earnestly desire it.