

# **Rageaholics Anonymous**

## **12 Traditions**

- 1. Our common welfare should come first; personal recovery depends on RA unity.**
- 2. For our group purpose there is but one ultimate authority - a loving God as expressed in our group conscience. Our leaders are but trusted servants; they do not govern.**
- 3. The only requirement for RA membership is a desire to stop expressing our anger.**
- 4. Each group should be autonomous except in matters affecting other groups or RA as a whole.**
- 5. Each group has but one primary purpose - to carry its message to the rageaholic who still suffers.**
- 6. An RA group ought never endorse, finance or lend the RA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.**
- 7. Every RA group ought to be fully self-supporting, declining outside contributions.**
- 8. Rageaholics Anonymous should remain forever non-professional, but our service centers may employ special workers.**
- 9. RA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.**
- 10. Rageaholics Anonymous has no opinion on outside issues; hence, the RA name ought never be drawn into public controversy.**
- 11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.**
- 12. Anonymity is the spiritual foundation of our traditions, ever reminding us to place principles before personalities.**