

## Rageaholics Anonymous Preamble

Rageaholics Anonymous (RA) is a fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover from rageaholism. The only requirement for membership is a desire to stop expressing anger compulsively. There are no dues or fees for Rageaholics Anonymous membership; we are self supporting through our own contributions.

Rageaholics Anonymous is not allied with any sect, denomination, religion, politics, organization, institution, or other twelve-step program; neither engages in any controversy; nor opposes or endorses any causes.

Our primary purpose is to stay abstinent from expressing anger compulsively and to carry the message in order to help other rageaholics achieve abstinence.

We come to RA to discover a new way of life by using the twelve-step program of Alcoholics Anonymous as adapted for people with anger problems. Through it we find serenity and acquire peace of mind in spite of the anger.