

## Welcome to the RA support circle. This is a place to support those attempting to live by principles of RA.



### *How to start and host a support circle*

:: Example event page is [here](#). Feel free to take, use and rework whatever is useful for your local group.

#### :: Format for support circle

1. I introduce the concepts and terms for each meeting by having someone read the introduction below out loud.
2. Introductions and check ins (we go around the room, introduce our name and preferred pronouns and one thing about ourselves)
  - Alternative check in prompts (Rose, Bud, Thorn - **Rose:** Something that is positive or working well, **Thorn:** Something that is negative or not working well, **Bud:** An opportunity or area for improvement.
  - 'What brought you to this group this evening?

3. Three potential formats for the main part of the circle

#### Part 1: Sharing circle

- I ask the group if there are topics they want to cover specifically, or
  - We do popcorn sharing - people put their hands up and share experiences/ask for advice or support on a topic.
  - We do 2-3 rounds around the circle sharing on a topic. Each round can build on the last share or be a different topic.

#### Part 2: Support circle

For each of the previous rounds of sharing, I ask people, are you wishing to share and simply be heard, or do you want to dig into your issue in a group setting, get advice and have feedback?

- In action oriented groups, sometimes we break out into small groups to help work on each other issues/struggles
- For anyone that wants it, as a group we try to come up with 'homework' to help us take our learnings out of the circle into our day to day lives
- For anyone who wants, we allocate a RA buddy from the group, so that people have someone or a little group that they can reach out to on a more regular and intimate basis for support and advice during the week.

**:: INTRODUCTION :: (read out loud at the beginning of each group before check ins)**

**Welcome to the RA support circle. This is a place to support those attempting to live by principles of RA.**

## Introduction

Anarchism is the rejection of the idea that others should govern us. Specifically that there is a ruling state that controls and governs its citizens: *".. the essence of anarchism: the conviction that the burden of proof has to be placed on authority, and that it should be dismantled if that burden cannot be met."*

[Chomsky]

In relationship anarchism then, there is a rejection of the idea that others can or should determine what our relationships, care, or love look like. In fact, that finding others ways to love can be revolutionary: *"The state is not something which can be destroyed by a revolution, but is a condition, a certain relationship between human beings, a mode of human behaviour; we destroy it by contracting other relationships, by behaving differently."*

[Gustav Landauer]

## On support circles and mutual aid

*"Self-care can't cure social diseases. What is next? - Social diseases work their way into, and between us. We must contend with the urge to take-care-of-ourselves, and to immunize against one another's bodies. To isolate us is the tactic of our enemy. The power of the state, the omnipresence of it, diminishes every time we look in the eyes of a friend, of a stranger, and listen to what they need. As we listen, we slip out of the regimes of extractive time and impatience. Fuck the fake heartbeat of clocks. Every time we educate ourselves and opt for the teacher and classroom that does not require pay, we strengthen horizontally, and we heal by putting no one under. Healing is honoring that resistance is a slow process, and declaring that we desire to see the increased strength, vitality, and well-being of our friends, neighbors, comrades, and full social ecologies more than we desire to see the state at all. There is no one person that deserves the cold shoulder as much as the state's austere violences. In this condition, it shrinks, it desiccates. We share informal, illegal, and decentralized forms of care like they are the very waters which support a life in common (because they are)"*

[Power Makes Us Sick]

## Relationship Anarchy is political

RA looks at the focus on the romantic relationship and the nuclear family, as something promoted by capitalism:-

- By isolating people into 2 adult units and preventing more intense community connections
- By tying basic human needs (cohabitation, material support, help in child raising etc) to sex and romance, which are far more marketable than friendship.
- By giving two adults almost complete power over children thus raising every human in a deeply oppression situation that prepares them to accept authority in an oppressive world.

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RA rejects the rules of relationships - enforced heterosexuality // enforced monogamy // of partners being entitled to sex, of marriage and childcare being a two person job and of the idea that we need a romantic or sexual relationship to be complete.

[from [this post](#) by @queeranarchism on tumblr]

## RA is about doing relations with community centric values not couple centric values.

*\*\*It is not non-monogamy by default and neither is it a subgroup of polyamory*

**To close**

“The capitalist heteronormative patriarchal state wants you to invest all of your free time, energy and emotion into romantic couple hood, into marriage into sex. It wants you to devalue friendship, to stay isolated from everyone who isn’t your romantic partner, to be a self interested individual with no ties of commitments to anyone but your spouse. Why? Because friendship could lead to community and community could lead to a collective political action, which could turn into a revolution.”

[from [this post](#) on [thinkingasexual.wordpress.org](http://thinkingasexual.wordpress.org)]



### *Discussion Topics to spark the imagination*

- Tertiary Attraction & RA
- Romantic Attraction & RA
- Sexual Attraction & RA
- Label Negotiation & RA
  - Some interesting advice:
    - Don’t ignore
    - But don’t blow up the spot
    - Maybe try to make it smaller scoped chunks, like 3-6mo
- Community & RA
- History & RA
- Contemporary Politics & RA
- Cohousing & RA
- Relationship Hierarchy & RA



### *Suggested / popular readings*


 [The RA manifesto](#)

 [Love Without Emergency: I Want This But I Feel Like I’m Going to Die](#)

 [Polyamory as a Reserve Army of Care Labor \(2013\)](#)

 [Relationship Libertarianism](#)

 [Abolish the Family: A Manifesto for Care and Liberation](#)

 [The Hologram: Feminist, Peer-to-Peer Health for a Post-Pandemic Future](#)  
<https://www.plutobooks.com/9780745343327/the-hologram/>

 [Trust Kids: Stories on Youth Autonomy and Confronting Adult Supremacy](#)



## *References*

[Adultery \(and other half revolutions\) | CrimethInc](#)

[Love without borders? Intimacy, identity and the state of compulsory monogamy | The Anarchist Library](#)

[Zed's Relationship agreements. Dear humans, Herein lies what you might... | by Zarinah | Medium](#)

[Relationship Questions for Everyone | by Autumn Elizabeth](#)

[Relationship anarchy could be about so much more than the freedom to fuck. – @queeranarchism on Tumblr](#)

[Relationship Anarchy — what is it? | by Zarinah | Medium](#)

[The Thinking Asexual](#)

[Relationship Anarchy is Not About Sex or Polyamory](#)

[Anarchism & Sexuality: Ethics, Relationships and Power \(Social Justice\)](#)