The dangers of revenge

We all experience times of pain, hurt and grief. Unfortunately, many seek revenge as a way to retaliate and help their own pain go away.

As we go through life, we, each, experience events and situations that cause us heartache and grief. We become so upset and discouraged that revenge seems to be the only way to pull us out of our depression. However, revenge is counterproductive. You will cause more damage to yourself than you would if you moved forward and forgot about the incident.

As adults, understanding the consequences of revenge can be challenging. For children, it can be even more confusing. Taking the time to teach your children the dangers of revenge are important for when those hurtful and upsetting situations arise. Here are several dangers you and your children should be aware of when seeking revenge.

You forget to forgive

Revenge is defined as “to exact punishment or expiration for a wrong.” You, and those around you, are not perfect. We all make mistakes, and many mistakes affect other individuals. When you seek revenge, you have a desire to retaliate. You want to punish another individual for her mistake.

However, that desire, that retaliation, takes a place in your heart. It takes the place of any forgiveness. It harbors unkind and destructive thoughts. In many situations, when people seek revenge, they forget about forgiveness. They only think about the other individual feeling those same emotions.
You can’t turn back time

If you seek revenge, you need to think about the consequences following your actions. You can’t turn back time and rewind a large mistake you might make. If you are thinking about revenge, ask yourself these questions.

- Are you going to cause more hurt and heartache than the initial mistake?
- Will you destroy one or more relationships?
- Is revenge worth the price you are about to pay?

Revenge is difficult to stop

Once you begin to seek revenge, it is difficult to stop. You begin to seek revenge for any individual who hurts or upsets you. You want all individuals who have wronged you to pay the price. Revenge is addicting. It can be satisfying to know the other individual is “punished” for his mistake. However, when you continually seek revenge, you destroy relationships. You slowly destroy your ability to forgive. You become a bitter, hurtful and rude person.

You make the healing process more difficult

Revenge is usually sought when someone’s feelings are hurt. A study shows that when you seek for revenge, you are continually thinking about the incident, making it more difficult to move on. When you forget about revenge, you think less about what was done to you and who did it. You have an easier time forgiving and letting go.

Revenge is not as sweet as many people may think. It can destroy who you are and the relationships with those you love and care for most. By understanding the dangers of revenge and teaching them to your children, you can help them avoid many mistakes that not only affect their day but who they become, as well.

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http://familyshare.com/the-dangers-of-revenge
Why Getting Revenge Isn't Worth It
The best revenge is none at all.

Recently, an editor at PT asked me to dig up some good juicy stories about revenge. Most of the ones I found dealt with how the scorned practiced retribution against their (ex) lovers' bodily appendages à la Lorena Bobbit.

Reading about these unique crimes of passion got me thinking about my own style of revenge, which surprisingly, is NADA. But why? Is it because I'm a Leo—so self-absorbed that I'm not willing to invest the energy and finesse required into seeking meticulously planned retribution? Perhaps, it is simply because I've never been hurt so badly... no wait, not true either.

I had a cheating boyfriend too. Like these newsworthy women, I was also enraged, but my rage never turned into a breaking news segment on the 6'oclock news. Instead, I locked myself in the bathroom for hours, trying to talk to my best friend, hoping she would tell me why this happened? I was so busy trying to understand the dynamics of the situation, I didn't know what to do. Was revenge a healthy response?

According to social psychologist Kevin Carlsmith of Colgate, the reason for revenge is to achieve catharsis. However, his recent study suggests that revenge is, in fact, counterproductive to achieving that goal. The study explains that those who seek to punish continue to think about the perpetrator, keeping the pain and the anger very much alive in their minds, while those who "move on" or "get over it" think less about the perpetrator. Carlsmith's team tested this theory by staging an interactive game where players could earn money if they all cooperated with one another. However, if a player did not cooperate, he could earn more at the expense of the others. Researchers planted certain "free riders" who would encourage everyone else to cooperate, but would later not cooperate himself. Two groups were tested--one that could punish the "free rider" (and they all did), and one that could not punish.

Interestingly, the results showed that revenge was not as sweet as it sounds. The punishers reported feeling worse than the non-punishers, but also predicted that they would have felt far worse if they hadn't been able
to punish. On the other hand, the non-punishers, the happier group, believed that they would have been happier if they had the opportunity to seek revenge against the "free rider."

**What does this all mean?**

Carlsmith says, "Rather than providing closure, it does the opposite: It keeps the wound open and fresh."

He suggests that when we don't get revenge, we can trivialize the event. We are able to tell ourselves that because we didn't go crazy (hacking away our boyfriend's body parts), it wasn't the end of the world, after all. That way, it's easier to move on.

**The verdict?**

Studies say no to revenge. It only hurts yourself. Still, love, hate or hurt can drive any woman crazy, so men out there, please be on your best behavior.

**Main Reference:**


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Discuss & Answer—Why is it harmful to seek revenge?