

You got screwed – a Nice algorithm for reaction

1. Was the perpetrator a person? If not, go to “2”
 - a. Was it extremely painful/were your losses significant?
 - i. If yes, go to “c”
 - ii. If not, go to “b”
 - b. Can you get him/her to “unscrew” you extrajudicially (settlement, agreement)?
 - i. If yes, do it and go to “5”
 - ii. If not, go to “c”
 - c. Can you sue him/her?
 - i. If yes, will the benefits of suing justify its cost?
 1. If yes, do it and go to “5”
 2. If not, go to “d”
 - ii. If not, go to “d”
 - d. Can you otherwise get him/her punished?
 - i. Will punishment prevent him/her from further screwing you or other people?
 1. If yes, do it and go to “5”
 2. If not, go to “e”
 - ii. If not, go to “e”
 - e. Can you publish/report the case?
 - i. If yes, will publishing/reporting result in preventing him/her from screwing you or anybody else further?
 1. If yes, do it and go to “5”
 2. If not, will publishing/reporting the case at least restore your dignity or give you a sense of closure?
 - a. If yes, do it and go to “5”
 - b. If not, go to “3”
 - ii. If not, go to “3”
2. Was the perpetrator an organization?
 - a. Can you get it to “unscrew” you extrajudicially (settlement, agreement)?
 - i. If yes, do it and then go to “4”
 - ii. If not, go to “b”
 - b. Can you sue it?
 - i. If yes, will the benefits of suing justify its cost?
 1. If yes, do it and then go to “4”
 2. If not, go to “c”
 - ii. If not, go to “c”
 - c. Can you otherwise get it punished?
 - i. Will punishment prevent it from further screwing you or other people?
 1. If yes, do it and then go to “4”
 2. If not, go to “d”
 - ii. If not, go to “d”
 - d. Can you publish/report the case?

- i. If yes, will publishing/reporting result in preventing it from screwing you or anybody else further?
 - 1. If yes, do it and then go to "4"
 - 2. If not, will publishing/reporting the case at least restore your dignity or give you a sense of closure?
 - a. If yes, do it and then go to "4"
 - b. If not, go to "4"
 - ii. If not, go to "4"
3. Did you follow items "a" to "e-ii"?
 - a. If yes, establish a reasonable period for mourning/experiencing indignation/being pissed off and then
 - i. Do you need to have any type of contact with this person in any future time of your life in which you will need to acknowledge knowing him/her?
 - 1. If yes, avoid it at any costs and prepare yourself to act in a totally unemotional manner when the time comes for such contact. Meanwhile
 - a. Don't mention the person (don't verbalize his/her name)
 - b. Don't comment on the case anymore
 - c. do NOT delete e-mails or pictures that document the aggression because it might be proof in the case of a future offense.
 - 2. If not, completely delete the person from your life by
 - a. never mentioning his/her name again
 - b. never commenting on the case again
 - c. deleting pictures, e-mails, etc
 - d. knowing that this feels artificial in the beginning, but in time the result is that you will cease to react to the whole affair
 - b. If not, get help. Sometimes, there's nothing you can do and you must simply accept that:
 - i. There are bad and/or fucked up people in the world
 - ii. You were victimized by one of them. There is no undoing what this person did, no punishing, no amends to be made.
 - iii. You need to understand if there is anything you did that made you vulnerable to this person and how you intend to act on this. If what made you vulnerable is something you chose to do and you still choose to keep doing in spite of the harm done to you, then accept this and prepare to prevent future attacks by other evil people like him/her
 - iv. If it was pure chance that has put this person in your life, you must somehow come to terms with chance. Shit happens, period.
 - v. Entertaining vengeance fantasies will suck productive energy out of you and will not give you any sense of closure: you must succeed in

quenching that. This is different from having an objective plan to punish the person with positive and productive outcomes, which, if you choose to, must be taken in an “emotionally economic” manner

* This is the best you can do. This IS forgiveness: accepting there is nothing else to be done, letting go and moving on. Forgiveness is not feeling compassionate towards the perpetrator.

4. Do you need to do business with that organization again?
 - a. If yes, be prepared, assume it's not a reliable nor ethical organization and prevent future hassle by keeping strict control and records of all your transactions. If possible, keep legal assistance. It is usually cheaper than coping with the results of bad business
 - b. If not, don't do business with it again
5. If you were successful in suing, broadcasting the case or otherwise punishing the offender, be prepared for his response in any future. Defend yourself, prevent risky situations and, above all, keep emotionally detached from the affair. From now on, this person should be nothing more than “a risk” and “potential danger” for you.