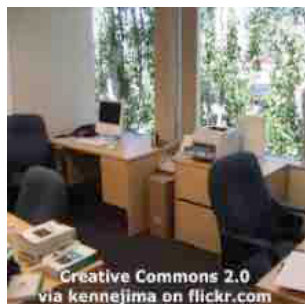


'Revenge quitters' leaving former job in a mess

22nd September 2025



The workplace phenomenon of "revenge quitting" is growing worldwide, fuelled by social media. Revenge quitting is when an employee purposely causes disruption in or attacks the reputation of an employer. It is on the rise in Gen Z workers, who are making it a viral trend. Disgruntled employees are posting details of their resignations online. Other posts show workers suddenly walking off the job, viral resignation messages, or venting frustrations with rants against former bosses. Other vengeful acts include causing problems for former co-workers. Examples of this are deleting data and files, not helping with the handover of duties, and exposing sensitive information.

The employer-rating website Glassdoor has warned of "a wave of revenge quitting" because of rising dissatisfaction among employees. The UK recruitment company Reed surveyed 2,008 workers and found that 15 per cent of British employees had "revenge quit" their jobs. Reed said Gen Z workers were more likely to engage in revenge quitting. Their survey found that 26 per cent of 18- to 34-year-olds had done so, compared with 8 per cent of people aged 45 and older. A survey in Japan conducted by management consulting firm Scholar Consult Co. found that around 10 per cent of workers in Japan had been troubled by revenge quitters because of a sudden increase in workloads.

Sources: [mainichi.jp](https://www.mainichi.jp) / [moneywise.com](https://www.moneywise.com) / [theguardian.com](https://www.theguardian.com)

Writing

Anyone who quits should do so very respectfully. Discuss.

Chat

Talk about these words from the article.

workplace / revenge / quitting / revenge quitting / reputation / employer / duties / dissatisfaction / employees / employers / jobs / survey / management / workloads

True / False

- 1) More and more people are quitting getting revenge in offices worldwide. T / F
- 2) Revenge quitting is increasing with Generation Z. T / F
- 3) Revenge quitters often put details of their resignation message online. T / F
- 4) Revenge quitters do their best not to make life difficult for coworkers. T / F
- 5) An employer-rating site mentioned employee dissatisfaction. T / F
- 6) A recruitment company said 15% of UK workers had "revenge quit". T / F
- 7) Around 18% of the over-45s have engaged in revenge quitting. T / F
- 8) A consulting firm in Japan said 10% or workers want to quit. T / F

Synonym Match

(The words in **bold** are from the news article.)

- | | |
|-----------------------|-----------------|
| 1. phenomenon | a. participate |
| 2. fuelled | b. dissatisfied |
| 3. reputation | c. unexpected |
| 4. disgruntled | d. whipped up |
| 5. sensitive | e. company |
| 6. wave | f. image |
| 7. engage | g. carried out |
| 8. conducted | h. occurrence |
| 9. firm | i. classified |
| 10. sudden | j. flood |

Discussion – Student A

- a) What do you think about what you read?
- b) Why are employees dissatisfied with their jobs?
- c) What does a good boss do?
- d) What can companies do to keep workers happier?
- e) Have you worked with people you did not like?
- f) What is your ideal job?
- g) What kind of boss would you be?
- h) What questions would you like to ask a revenge quitter?

Phrase Match

1. The workplace phenomenon of
 2. attacks the reputation
 3. venting
 4. rants
 5. sensitive
 6. rising dissatisfaction
 7. recruitment
 8. Gen Z workers were more
 9. troubled
 10. a sudden increase
- a. by revenge quitters
 - b. frustrations
 - c. among employees
 - d. in workloads
 - e. "revenge quitting"
 - f. likely to
 - g. information
 - h. against former bosses
 - i. company
 - j. of an employer

Discussion – Student B

- a) What do you think of the phenomenon of revenge quitting?
- b) Have you ever quit a job?
- c) When was the last time you wanted revenge?
- d) How important is social media?
- e) How can companies protect themselves against revenge quitting?
- f) What can workers do instead of revenge quitting?
- g) When was the last time you had a rant about something?
- h) How good an employee are you?

Spelling

1. workplace onnhpmeoen of revenge quitting
2. an employee oeprsypul causes disruption
3. attacks the epurniotat of an employer
4. ndseliugdtr employees are posting details
5. other eflgvuen acts
6. exposing sievsntej information
7. rising icnotaadstfsisi among employees
8. Reed rsvydeue 2,008 workers
9. more likely to genega in revenge quitting
10. rcoapemd with 8 per cent of people
11. management stliocgunn
12. a sudden increase in daowlrso

Answers – Synonym Match

1. h	2. d	3. f	4. b	5. i
6. j	7. a	8. g	9. e	10. c

Comprehension Questions

Listen to / read the news article. Answer these questions.
(Answers are on p. 27 of the 27-page PDF.)

1.	What is the increase in revenge quitting being fuelled by?
2.	What do revenge quitters attack?
3.	What do revenge quitters post details of online?
4.	Who do revenge quitters rant against?
5.	What does the article say revenge quitters expose?
6.	What did a website called Glassdoor warn of?
7.	How many workers did a recruitment agency survey?
8.	How many workers in Britain have engaged in revenge quitting?
9.	What percentage of workers aged 45 and older had quit in revenge?
10.	What suddenly increased because of revenge quitting in Japan?

Speaking – Job satisfaction

Rank these with your partner. Put the best at the top. Change partners often and share your rankings.

- Low pay
- Working hours
- Boring tasks
- No job security
- Bad managers
- Unfair treatment
- Too few holidays
- Coworkers

Answers – True False

1	F	2	T	3	T	4	F	5	T	6	T	7	F	8	F
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Answers to Phrase Match and Spelling are in the text.