

The Practice of RAIN for Difficult Emotions

- R:** **Recognize** what is arising; what is present. If possible label the difficult emotion. For example: anger, resentment, fear, shame, sadness, etc.
- A:** **Allow** the feelings and body sensations to be here; do not push them away or avoid what is arising, but say a gentle “yes” to what is here.
- I:** **Investigate:** with a sense of kindness and curiosity, particularly staying with the body sensations. Become curious about what is here; what is arising. You may ask yourself these questions: What am I believing about this experience? What do I need right now?
- N:** **Nurture:** by bringing your full attention to the primary place in your body that is reacting. Allow that place to soften and relax. Sense into that part of you and see if there is an unmet need being deeply expressed. Maybe it is the need to be seen, be heard, be connected, to feel care for, to be respected, to be appreciated or to be loved. Now try and bring a hand to your body in a soothing way, giving yourself warmth and kindness, not in an effort to make the feelings go away but just because they have arisen.