

RECOGNISE

Recognise the emotion you're feeling. Give it a label, name it.

ACCEPT

Accept that this emotion is how you feel right now, even if it's unwelcome.



Coping with tough emotions using **RAIN MINDFULNESS**

INVESTIGATE

Inquire within yourself with an attitude of curiosity. Notice where you feel the emotion in your body physically. Observe thoughts passing through your mind.

NON-IDENTIFICATION

View the emotion as a passing event instead of 'who you are'. Choose to see the emotion as temporary - not fixed within you.

Coping with tough emotions using RAIN mindfulness

Adapted from the work of Tara Brach on the RAIN formula

R RECOGNISE what's happening

- You can prompt this recognition simply by asking yourself: "What's happening inside me right now?" or "What's the name of this emotion I am experiencing at this moment?".
- Recognise the emotion you're feeling and give it a label – name it.
- Call on your natural curiosity as you focus inward and let go of any preconceived ideas of what you believe you *ought* to be feeling right now.

A ACCEPT the emotion as part of your present moment experience

- Acceptance means allowing things to 'just be' – these things are likely to be emotions, feelings, thoughts and physical sensations.
- You might feel a natural sense of aversion, wishing that any unpleasant feelings would go away. However, with some practise, you'll become more willing to be present with 'what is' and a different quality of attention will emerge.
- Simply bring awareness to whatever thoughts, emotions, feelings or sensations are arising, right here and now.

I INVESTIGATE inner experiences without judging them

- Investigation means calling on your natural curiosity again as you go inwards. Notice where you feel the emotion in your body physically.
- In the first step of RAIN you paused to ask: "What's happening inside me right now?" to initiate 'Recognition'. In this third stage of 'Investigation' you engage in a more active, pointed line of enquiry.

You might ask yourself:

- "How am I experiencing this in my body?"
 - "What thoughts am I aware of, passing through my mind?"
- Abandon any need to judge what might come up – instead, offer a gentle welcome to whatever surfaces.

N NON-IDENTIFICATION with whatever is there

- The first three steps of RAIN require some intentional or deliberate activity.
- The 'N' of RAIN expresses the result; a liberating realisation of your natural awareness without seeing the emotion as part of 'who you are' – this is non-identification.
- Choose to see the emotion as a temporary experience rather than being a fixed part of yourself. With practise, this realisation will arise spontaneously on its own.