

R.A.I.N

R. Recognize

Recognize what you are feeling. *I recognize that I am feeling angry, sad, joy, etc.*

A. Accept

Accept what it is that you are feeling. *I accept that I am feeling anger, sadness, etc.*

I. Investigate with kindness and compassion.

Where is this feeling coming from? Are there any unmet needs? Is there a part of myself trying to express itself? Remembering to observe without judgement

N. Not Identifying.

Remembering that this is one small part of your total experience and that it does not define who you are.

I am more than my anger (etc), this is not all of who I am.