

focus²



RAIN

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R - Recognize

A – Allow

I – Investigate

N – Nurture/ Need

Use this when you notice urges, impulses, avoidance behavior, big emotion, anxiety, deflated mood etc. RAIN is a great tool for sitting with what may be a trigger or a very intense sense of internal conflict and tension. It is a process of going inward, of listening. The below guiding questions for each letter are intended as an example of how to use this tool. You may find that you prefer one question of the many listed there, and you do not need to answer all of them. You may even find that you do not have an answer to the questions.

- R** What is happening? What is really going on inside of me right now?
Can I name what I am feeling? Do I recognize the emotion?
- A** Where in my body do I feel this? What color is it? Does it have a speed or a sound?
Am I willing to observe it? Where is the center point? How can I acknowledge it with acceptance?
- I** What am I believing about myself? What am I believing about _____ (the other person, the world) What are the words that express this moment?
What assumptions about myself or the world might play a role?
- N** What does this feeling most need from me right now? Is there anything I need from me? How can I nurture anything that's needed here?

*Between the stimulus and the response, there is a space.
In that space is our power and our freedom. Viktor Frankl*