

Work with a difficult emotion with RAIN

Recognize what is happening

- Recognizing involves pausing and asking yourself, “What am I experiencing right now in my body, thoughts, emotions, and situation?”
- Recognizing prevents denial or avoidance because you are bringing what is unpleasant and perhaps unwholesome into your field of awareness so that it can be seen and dealt with.
- Brain imaging studies have demonstrated that recognizing and labeling emotions actually reduces activity in the emotionally reactive regions of our brain.

Accept, acknowledge, or allow

Acceptance in this sense means to acknowledge what is present in this moment and to allow what is already here to be here.

- Note: Just because you accept or acknowledge something is present does not mean that you agree with or support it. You are simply acknowledging what is present right now.
- It is also important to be aware of any thoughts or emotions, such as resistance or aversion, that may arise when you recognize what you are experiencing.
- Notice any subtle or unconscious forms of resisting your emotions, such as trying to “accept” them so that they will go away. See if you can truly allow what is here to be here, and let the emotion run its course and leave naturally.
- When practicing acceptance, it may be helpful to say to yourself phrases such as “Ah, this too,” or “allow,” or “let be.”

Investigate your experience with kindness

- After working with recognizing and accepting what is present for you, begin to investigate your internal experience. Investigate three primary facets of your internal experience: Physical sensations, Emotions, Thoughts using some of the Strategies and tools for investigating our experience
- Mindfulness helps us to recognize what we are adding to the situation, physically, cognitively, and emotionally.
- Bring as much kindness, curiosity and compassion to your investigation as you can, without forcing.

Non-identification

- Non-identification means not believing that your emotions “belong” to you, or labeling them as “me” or “mine.”
- It involves not taking emotions personally, and that the emotions you experience are also not unique to you, but instead are shared and experienced by all humans.
- It can be helpful to label the emotion you are experiencing as something that is present in this moment but not enduring. For example, instead of saying, “I am an angry person,” you could reframe it more accurately by saying “Anger is present right now,” or “I am experiencing anger right now.”