

# RAIN

RAIN is a technique developed as part of the mindfulness movement by Tara Brach. It aims to maintain awareness of the present moment and the thoughts and feelings that are present, without judging them.

RAIN is acronym, and over the years what it stands for has evolved and changed, so you may see slightly different variations of it depending on where you look.

### RECOGNISE:

The first step is to simply recognise that there is an emotion or sensation present.

### ALLOW:

The next step is to allow the feeling or sensation to be there without any intention to fix or change it. To simply breathe into it and let it be there without turning to a maladaptive behaviour to numb it or push it away.

### INVESTIGATE:

Allowing the emotion to be there enables step three, to investigate the feeling, try to explore where it sits in the body, perhaps it is a temperature or a shape. See if you can name the emotion using the feelings wheel and listen to what message it is trying to tell you.

### NEEDS/NUTURE:

Once you have investigated the emotion you are better able to identify what you need in that moment and how you can nurture yourself.