

Introduction to Mindfulness - Week 3

Working with Difficult Emotions

RAIN

R - Recognize what is happening

A - Allow/Accept life to be just as it is

I - Investigate with kindness

N - Non-identification/Nurture

1. Recognize what is happening

Focus on what is happening in your body: what kind of sensations or emotions? In your thoughts?

2. Allow life to be just as it is

To allow what is happening can be hard. Experiment with using the word "Yes." Or "This, too..." to soften. What happens?

3. Investigate with kindness

You might want to ask the questions: "What most wants attention?" "How am I experiencing this in my body?" or "What am I believing?" or "What does this feeling want from me?"

4. Non-Identification or Nurture

Allowing the experience to be as it is but don't make it who you are. For example, instead of saying "I'm really anxious.", try phrasing it into "There is a lot of anxiety here." This helps to de-identify but to still acknowledge the fact. This is here, but not who you are.