

# RAIN mindfulness



The RAIN mindfulness technique is a structured, four-step process for working with difficult emotions, thoughts, or experiences in a compassionate and nonjudgmental way. Below is a guide that will help you practice.

**R**

## Recognize

Notice what is happening right now — the thoughts, emotions, and body sensations present.

Example: "I'm feeling anxious and my chest feels tight."

**A**

## Allow

Let the experience be there without pushing it away or trying to change it immediately.

Example: "It's okay that anxiety is here right now."

**I**

## Investigate

Gently explore with curiosity: What is this feeling like? Where do I feel it in my body? What might it be needing?

This is not about overanalyzing, but about connecting with the experience in a mindful way.

**N**

## Nurture (or Non-identification)

Offer yourself kindness and care, as you would to a friend. Or, in some versions, "Non-identification" — remembering that you are not defined by this feeling; it's just passing through.