



R.A.I.N

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INFORMAL MINDFULNESS TECHNIQUE

This technique is a mindfulness technique for self introspection that can allow us to stay with our emotions and further process them. Having additional information regarding what we are going through and where it is coming from can help us make an informed decision about what we can do about it.



WHAT DOES IT STAND FOR?

R—Recognise: The first step is to recognise your internal experience in the present moment. That involves recognising three aspects of your experience in the present moment, i.e thoughts, emotions and bodily sensations.

For example, I can observe thoughts in my mind that tell me, "Why couldn't you just complete the work?"; "They will judge me if I don't know enough about this topic"; "I will never find someone whom I can trust again."

Along with our thoughts, we can recognise what emotions we are feeling; we could be feeling anxious, angry, sad or lonely.

Third, we can recognise parts of our body that we might be feeling that emotion in. For example, I feel heaviness in my chest, or I feel my fists clench.

A—Acknowledge and Allow: This step involves acknowledging the emotion we are experiencing without judgement, without trying to avoid it, and without craving to feel another emotion.



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Acknowledgement can look like: "I am feeling this way, and that is okay. I am getting thoughts in my mind that are criticising me, and that is okay, my body feels stiff and uncomfortable and that is okay as well."

Allow this feeling to be there, just as it is, because it is okay for it to be there.

I—Investigate: This step involves investigating where that thought or emotion is coming from.

Is there something happening in my external environment that is making me feel upset, or angry, or bringing up discomfort within me?

Is there something within me that is bringing up this feeling—a past incident or belief?

This will help deepen the understanding of the emotion and make available the opportunity to address the emotion.

N—Non-identify: This part of the exercise encourages us to non identify with the emotion, which means we can remind ourselves that all emotions are transient and are a natural part of being a human; however, the emotion or thought is separate from us and it will pass, while we will still be.

We can remind ourselves that we are different from the emotion and the emotion is what the emotion is, and it does not define our identity.