

Managing Your Upsetting Thoughts with the R.A.I.N. Technique

What to Know

Your mind might create a lot of drama. Sometimes your thoughts are so powerful you believe them! Then, you might feel bad about yourself.

If you surround your negative thoughts with compassion, it will be easier to move on. The R.A.I.N. technique will help you become your own best friend. With R.A.I.N., you learn to notice your thoughts with kindness and accept them as they are.

To stop being so hard on yourself, practice R.A.I.N. The process is simple:

R = Recognize the thought you are experiencing and name it.

A = Allow it to be there, just as it is. It might be uncomfortable or unpleasant, but it will pass.

I = Investigate the thought with kindness. How does it feel in your body? Where are you feeling it most? Is it making you feel bad?

N = Non-identification means the thought is not who you are because it goes away with time. You may be feeling bad, but *you* are not bad.

When you have upsetting thoughts, you might need to go through the whole R.A.I.N. process to work through them. Maybe you will only need to do one or two steps. The more you practice, the more skilled you will be at understanding what you need to do to manage your thoughts.

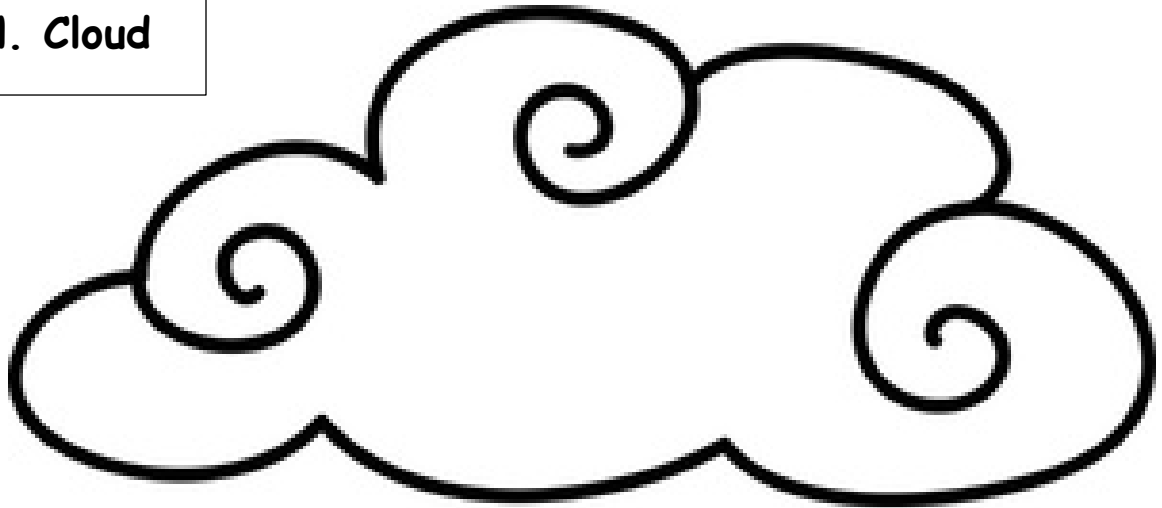
You might do some additional steps like:

- taking a few deep breaths.
- repeatedly labeling the thought in your mind to reduce the intensity.
- taking a time out.
- slowly walking and paying attention to the sensations on the soles of your feet.
- connecting with your 5 senses (see, hear, smell, touch, taste), allowing yourself to calm down.

What to Do

Next time you have an upsetting thought, practice the R.A.I.N. technique. Inside the cloud, describe the thought. Next to each raindrop, write down what you did to calm down or reduce your upsetting feelings.

R.A.I.N. Cloud



Write down how you felt after using the R.A.I.N. technique.

Did the R.A.I.N. technique help you feel better? Why or why not?

What part of the technique helped the most? Why?

Do you think you will remember to use this technique the next time you're upset?
Why or why not?

What are some other ways you can manage upsetting thoughts?
