



# PROCESS EMOTIONS WITH R.A.I.N.

## Processing Emotions

Process through even the most painful, confusing emotions and experiences in life. The acronym RAIN is fitting, since emotions are like the weather, ever-changing and uncomfortable at times. Rather than fighting against rain, allow it and ideally respond to it.

# R

## Recognize

- Recognize and identify your present emotional experience
- Notice where, what and how they feel in your body
- Take 100% responsibility (power) for your emotions
- You are in Wise Mind, as you observe and own your emotions

# A

## Allow

- Allow your emotional experience to be, even if painful
- Do not fight or resist your emotions
- Sit 'in the mud' with your emotions
- Notice how emotions change, move and flow

# I

## Inquire

- Inquire with curiosity and Internal Questions (pp 13-18)
- Take time to understand what your emotions are telling you
- Wise Mind has the power to provide care, curiosity and compassion to soften and shift the most painful emotions
- Sometimes just noticing emotions is enough to process them

# N

## Needs

- Emotions tell you what you want or need, simple or complex
- What caring action or simple comfort do I need right now?
- Do I need to set a boundary or plan to communicate a want?
- Need to cry? Walk to deactivate anxiety? Allow contentment? Make plans with a friend? Conscious Processing Practice?