

RAIN Method Handout

If you're wondering how to practice mindfulness and don't know how to go about it, it's best to practice the RAIN Method, which is a structure that you can use to get started with mindfulness.

R = Recognize

For this part of the RAIN Method, you must take a step back and consciously acknowledge the thoughts, feelings, emotions, and behaviors that are affecting you. Label all of them. Doing so can help you become more aware of what you're experiencing.

An example would be you acknowledging that you feel anxious and paranoid about something and that what you're feeling is making you jumpy, restless, worried, and even irritable.

A = Allow

For this part, you will allow your thoughts and emotions to just be present. Don't work to change them. Don't judge them as good or bad. Just let them be there. By allowing them to just be present, you will have the opportunity to realize that it's normal to feel these negative emotions and think these negative thoughts. You will get the chance to learn that it's better to experience these rather than actively resist or suppress/repress them because doing so will just make them spring back up later in possibly worse ways and intensities.

To continue the example from R, you tell yourself that your anxiousness and paranoia will eventually pass and that instead of running away from them, you will take a step back and give these feelings and thoughts the attention they deserve.

I = Investigate

Be curious. Take a step back and examine your thoughts and feelings. Try to determine where you're feeling them. Not only that but take the opportunity to ask yourself why you are feeling and thinking in certain ways right now and what you think you need.

Another example, is you, who feels anxious and paranoid, feel that your anxiety and paranoia are manifesting in your hands because they are shaking. Your heart is pounding and your chest feels tight. You identify to yourself that the cause of your anxiety and paranoia is based on the pending status of your job application. Even though the conversations went well and all signs point to you being hired, you are still bothered by the uncertainty until the actual offer and contract are sent. You need assurance through proof, not just what your new employer said.

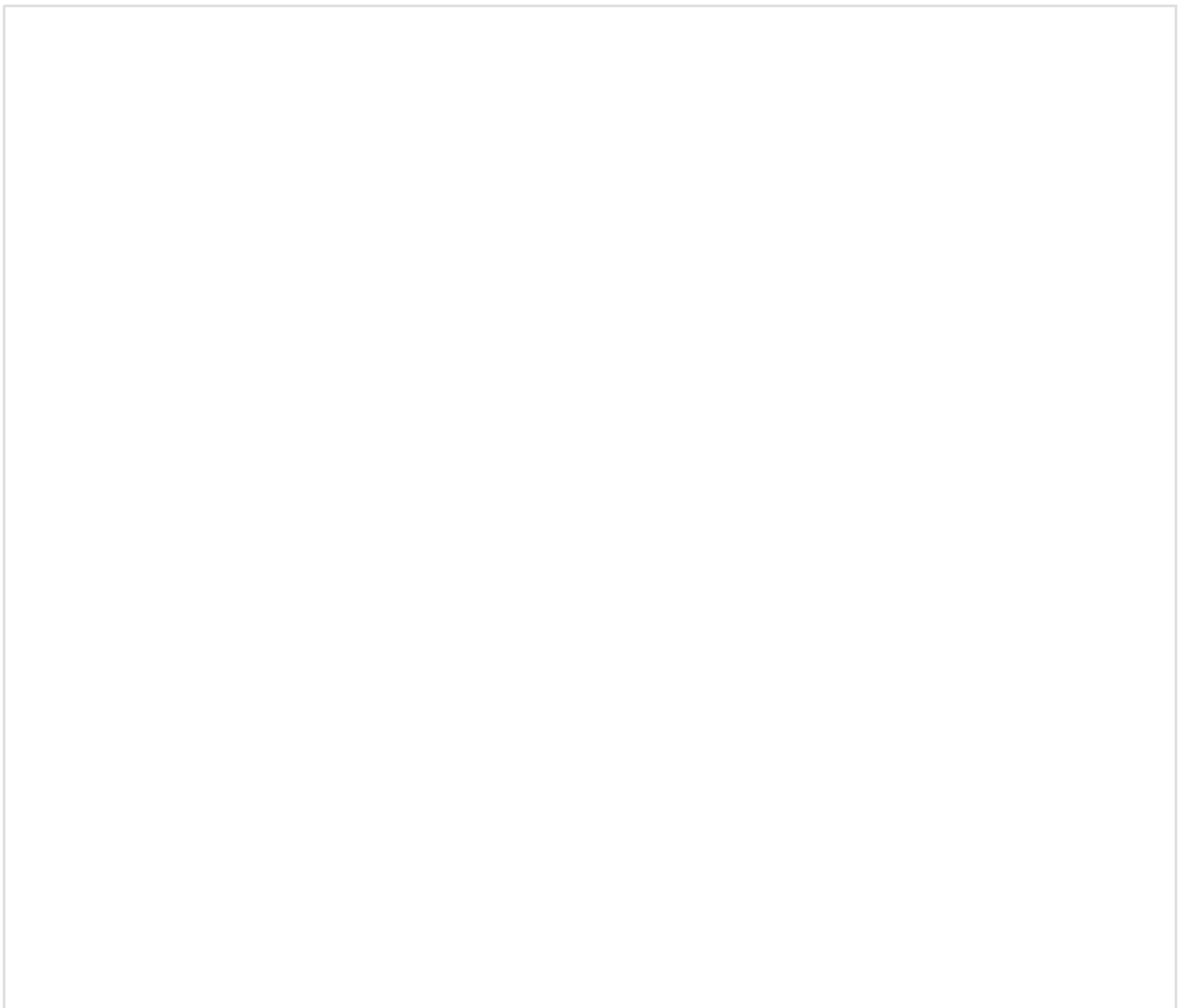
N = Non-identification

For the final stage of the RAIN Method, you will (supposedly) realize and tell yourself that these thoughts and feelings are not to be taken personally and take comfort in the fact that these thoughts and feelings are transitory in nature. Don't get caught up in them.

To end the example, you tell yourself that you shouldn't be anxious and paranoid anymore because the recruit did say that everything's good on their end and to just wait for the offer and contract to be sent as a PDF file via email. That's assurance enough that you're getting the job. If, by some terrible miracle they back out, you know you have other job offers waiting. The one you're waiting for is the one you want the most but the others aren't so bad.

Comments:

Talk about the emotions and thoughts that you took a look at through the RAIN Method, or talk about your experience practicing Mindfulness using this method here.

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