

RAIN Mindfulness Worksheet

Date:

Name:

Situation/Event/Moment:

R: Recognize

Guide: Recognize what is currently happening. Be present. What are your thoughts or feelings? Do you have any physical sensations? If yes, what are those? Feel free to write them down below while taking a few deep breaths.

A: Accept or Allow

Guide: Allow your thoughts, feelings, and sensations to come and go. If it's helpful to write down phrases/sentences that begin with "I feel/am _____" to help you accept and let go of your feelings, feel free to do so below.

I: Investigate

Guide: What do you think you need right now? What are you thinking of? What's causing your emotions, feelings, or sensation? Feel free to write down any thoughts you have below.

N: Nurture

Guide: Leave comforting messages to yourself below and repeat them like a mantra.