

EMOTIONAL ADULTING

- THE SKILLS YOU DIDN'T GET IN SCHOOL R.A.I.N.

What: R.A.I.N. is a practice for mindfully and compassionately gaining awareness into your experience. The acronym stands for:

Recognize what is happening;

Allow the experience to be there, just as it is;

Investigate with interest and care;

Nurture with self-compassion.

(as sourced from Tara Brach, PhD)

Where: R.A.I.N. can be practiced anywhere, though may be easiest in locations where you can be uninterrupted.

When: R.A.I.N. is great to do in the moment as you experience some kind of reactivity or want to gain greater insight into how or what you are feeling. However, it can also be helpful later on as you think back on your response to something.

Why: By increasing our capacity to be both aware of and compassionate toward our experience, we can more easily move from reactivity into responsiveness.

How: Practice on your own, with a partner, or with a guided meditation. Multiple rain resources are available here:
<https://www.tarabrach.com/rain/#rainchange>

