



Feeling Overwhelmed? Remember “RAIN”

Four steps to stop being so hard on ourselves.

R

Recognize
what's
going on

A

Allow the
experience
to be there,
just as it is

I

Investigate
with
kindness

N

Natural
awareness,
which comes
from not
identifying
with the
experience

THOUGHTS are **NOT** FACTS PRACTICE

When you put some space between you and your reaction, it changes your relationship to your thoughts—you can watch them come and go instead of treating them as facts.

If you're stuck on a negative thought, ask yourself:

1

Is it true?

Often the answer is, "Well, yes." This is the brain initially reacting—the autopilot you live with and believe is you.

2

Is it **absolutely** true?

Is this thought 100% accurate? Can you see the thought in a different way?

3

How does **this thought make me feel?**

Notice any storylines you're holding onto, and name your feelings: *sad, angry, jealous, hurt.*

4

What would **things be like if I didn't hold this belief?**

Imagine possible benefits to your relationships, energy levels, and motivation.