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RAIN Process

Recognize the emotion is present. You can pause for a moment and open to the reality of what is happening. You might gently call it by name . . . ah, there's anger . . . or . . . hmmm, anxiety is here.

Allow the emotion to be present as best you can. Experiment with noticing any struggle to push it away, deny, or control it. As best you can, let go of the struggle to change the emotion. You might experiment with welcoming the emotion. If the struggle is quite intense you might notice and allow the struggle.

Investigate. Bring your attention to the body and notice where you feel the emotion in the body. You might say to yourself "This is what anger feels like". Gently maintain your attention on the sensations elicited by the emotion. If the sensations are quite intense you can move your attention to a place in the body that you do not feel the emotion and return to where you feel the emotion after settling yourself a bit. Also notice related thoughts and patterns related to the experience. Notice the pleasant, unpleasant, or neutral feeling tone and meet it with mindful attention. Also notice the story, beliefs and patterns.

Non-Identify. We can stop taking the experience so personally by asking ourselves, "is this who I really am?" Also remind yourself that you are not alone in suffering . . . that suffering is part of being human. We all suffer . . . so you are not alone. Truly understanding that the experience of suffering is natural for all beings can help us feel less alone and more connected. Also, when we choose to focus on the body, the story and drama in the mind are minimized and we can begin to let the emotion move through us instead of getting caught up in the story.

With each part of this process, practice gentleness and patience.