RAIN Technique

Recognize, allow, investigate, nurture.



WHY IT HELPS

The RAIN technique is a short mindfulness practice for meeting a strong feeling without pushing it away or getting swept up in it. RAIN stands for four steps: recognize the feeling, allow it some room, investigate with kindness, and nurture yourself with care. This version follows the four stages taught by Tara Brach.

HOW TO USE IT

Recognize	Name what is happening inside you right now.
Allow	Let it be here for a moment without fixing it.
Investigate with kindness	Where do you feel it? What does it believe? What does it need?
Nurture	Offer yourself what you need, a kind word, a hand, a breath.

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Nurture can be small.

Example: Kelsey's flare

Recognize

Shame. Fear that coworkers noticed.

Allow

This is here. I can let it be for a minute.

Investigate

Hot face, knot in my stomach. Belief: they think I am unreliable. Need: to feel accepted.

Nurture

This is a health condition and you handled it. Warm hand on my forearm.

Shame before and after

8 to 5 in about five minutes

RAIN worksheet

What happened

Feeling now 0 to 10

Recognize: what is here?

Allow: can I let it be for a moment?

Investigate: where in my body? what does it believe? what does it need?

Nurture: what would I offer a friend?

Feeling after 0 to 10

Pocket card

Cards

RAIN

R
Recognize what is here.

A
Allow it.

I
Investigate with kindness.

N
Nurture yourself.

RAIN

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RAIN log

Log

Date	Feeling	Belief	Need	Before 0 to 10	After

RAIN review

Feelings that come up often

What I need most

FOR MY NEXT APPOINTMENT

What I want to raise with my doctor or care team.